

# Mountaineer

Vol. 65, No. 26

Published in the interest of Division West, First Army and Fort Carson community  
Visit the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil)

June 29, 2007

## McWilliams retires, Young steps in

Story and photos by  
**Michael J. Pach**

*Mountaineer staff*

After 30 years of service in the Army, Command Sgt. Major Terrance McWilliams retired June 21. He relinquished his responsibility as the senior noncommissioned officer of Division West, First Army and Fort Carson to Command Sgt. Maj. Terry G. Young during a ceremony at Manhart Field.

McWilliams received a variety of honors including a retirement award, a U.S. flag flown over the Mountain Post headquarters in his honor, a certificate of appreciation signed by the president of the United States, a certificate of retirement signed by the chief of staff of the United States Army, a Legion of Merit award and the cannon shell from the last round fired during a 13-gun salute.

McWilliams wasn't the only person honored that day. His wife Georgia was presented with several awards in a ceremony of her own for her support of the Army and the Fort Carson community. During her husband's change of responsibility ceremony, Georgia also received two bouquets of roses and presented the mounted color guard horses with a basket of apples and carrots for their hard work and dedication.

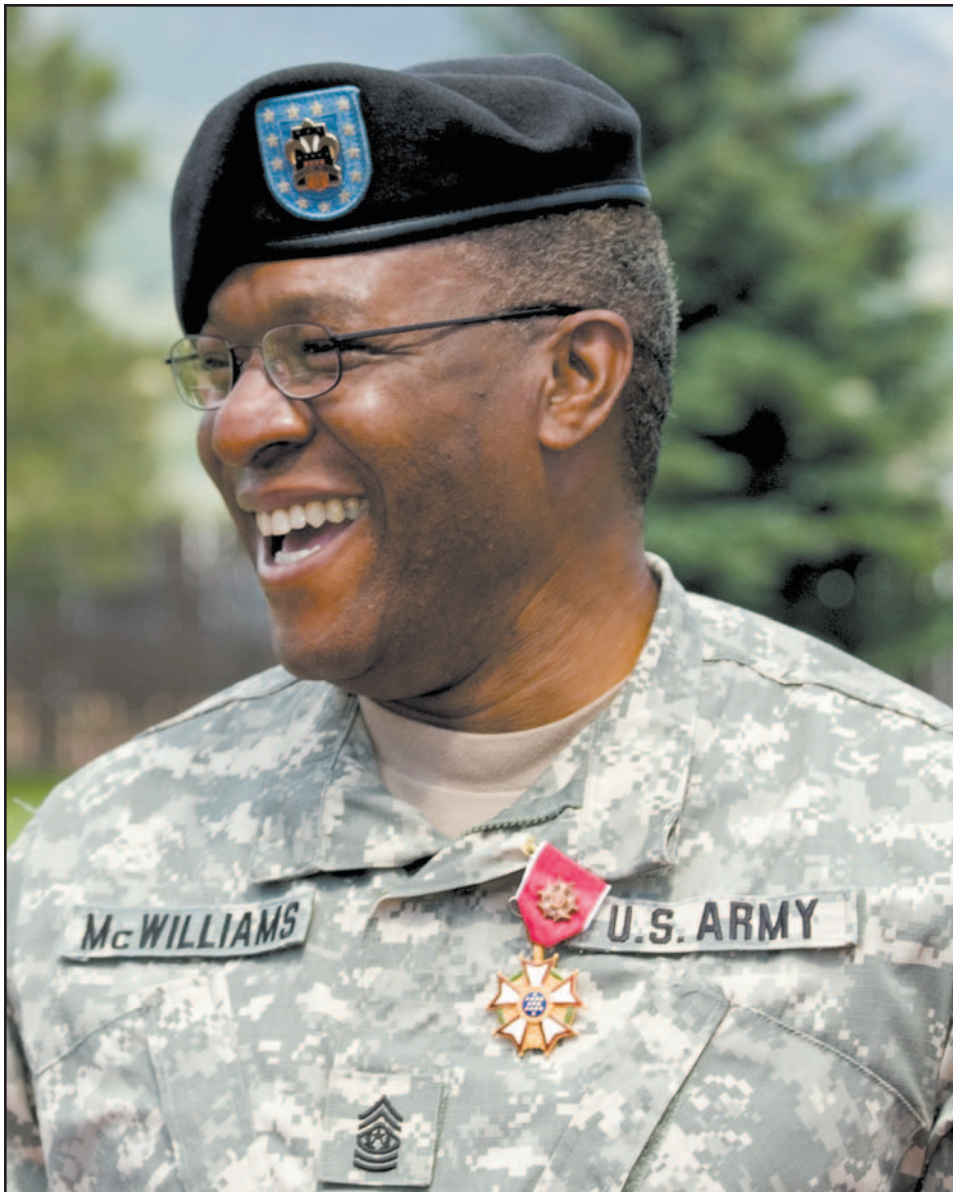
"We bid farewell and successful

retirement to Command Sergeant Major Terrance McWilliams and his wife Georgia (as) we welcome Command Sergeant Major Terry Young and his wife Portia," said Maj. Gen. Robert W. Mixon Jr., commanding general, Division West, First Army and Fort Carson. "Terrance and Georgia have made the Mountain Post team a real success. (They) have made everyone feel as though they are truly part of the team. And that's an art. That's a skill. That's leadership. That's love."

"As we bid farewell to 'Mac' and Georgia and his family, we are comforted indeed to know that they will be very capable hands in the leadership helm of the Mountain Post team," said Mixon. "We feel fortunate to have the Youngs with us. He's a combat-tested warrior that I know our Soldiers will respect. Terry and Portia, we wish you and your family the very best. Welcome to the Mountain Post team. I'll tell you, it doesn't get any better than this."

Sgt. Scott Dickson of Harmony in Motion was master of ceremonies. After Mixon's speech, he announced, "Ladies and gentlemen, Command Sergeant Major retired, Terrance D. McWilliams."

"I like the sound of that — retired," said McWilliams. "(I) couldn't ask for a better day for an outdoor ceremony



*Command Sgt. Maj. Terrance D. McWilliams smiles as he receives congratulations from visitors after his change of responsibility ceremony June 21 at Manhart Field.*

with this pristine backdrop of Cheyenne Mountain and Pikes Peak. This is fitting for my farewell, my last day in uniform."

McWilliams jokingly remarked that he lost his written speech, which

when rehearsed, lasted more than two hours and 15 minutes. He said that was a good thing for the troops standing in formation on the field.

See **McWilliams** on Page 3

### INSIDE THE MOUNTAINEER

#### Opinion/Editorial

EML roller coaster .....2

#### News

Coyote post problem .....4  
Re-enlist goals met .....5

#### Military

Military Briefs .....6  
LASIK for Soldiers .....7  
Deployment family videos .....8  
Art at the DFAC .....9  
Sending heroes home .....10

#### Community

Hypnotic family show .....11  
Team tips .....12  
WW II vets honored .....13  
Community briefs .....15  
Neighborhood Watch .....16  
Learning patience .....18  
Chapel briefs .....20  
Youths' role model .....21  
Smith tours villages .....22

#### Feature

Soldiers cook for thousands ... .24-25

#### Sports

Engineers battle for the top .....29  
On the Bench .....30-31  
Sports Feature .....32  
Athlete of the Week .....33

#### Happenings

100-year-old parks in city .....35-36  
Get Out .....37

Classified advertising (719) 329-5236  
Display advertising (719) 634-5905  
Mountaineer editor (719) 526-4144  
Post information (719) 526-5811  
Post weather hotline (719) 526-0096

#### MUST SEE



**Thousands eat pancakes downtown June 20.**  
Pages 24-25.

**Word of the month: Family**

## Water restrictions in effect through October

*Directorate of Environmental Compliance and Management*

Fort Carson has reduced its annual water use nearly 45 percent (more than 400 million gallons per year) over the last several years through complying with the Colorado Springs Utilities water restriction program and improving the water usage infrastructure. To continue the water reduction successes under the Fort Carson sustainability program and save installation funds, the garrison commander is maintaining watering restrictions.

Outdoor watering on Fort Carson will be kept to a minimum with a no more than three-times-per-week watering schedule. Unless justified by unusual circumstances, occupants or responsible individuals are asked to water after 7 p.m. or before 9 a.m. to maximize the effectiveness of watering as less wind and heat reduce stress on plants minimizing evaporation, which allows for greater water penetration.

#### General water saving tips

- Turn off watering systems on rainy days or when it is extremely windy.
- Position sprinklers so that water lands on the lawn or garden, not in areas where it is not needed.
- Weeds are water thieves and will rob plants of water and nutrients. Spot spray or remove weeds as they appear.
- Longer grass surfaces promote deeper rooting and shade the root zone. Never remove more than one-third of the leaf blade in one mowing. Return mulched clippings to the lawn.
- Wash only full loads of laundry or dishes.
- Take short showers instead tub baths.
- If there is a water leak in housing, report it to the Fort Carson Military Housing at 579-1605.

For information about water use in Fort Carson Military Housing call 226-2268. Visit the Colorado Springs Utilities Web site <http://www.csu.org/> for additional water conservation tips and xeriscape landscape information.

# EML roller coaster: Bumpy, but worth the ride

by Darcia Kunkel

Family member

My family just finished its first experience with wartime Environmental and Morale Leave, and I have to say it's a bit of a roller coaster ride. Now this isn't our first experience with year-long (now 15-month) tours, as my husband has done a year in Korea where he got two weeks leave and early combat operations in Afghanistan, for which we had no EML.

Fifteen-day EML during a war is a newer phenomenon. It was typically associated with one year unaccompanied peacetime tours such as Korea. According to the Department of Defense Web site, this type of EML or R&R leave for Soldiers began in late September of 2003. "Rest and Relaxation" opportunities were granted in the past, just under other names and time constraints such as "weekend passes."

Army Soldiers during the Korean War headed to Seoul or Tokyo for some downtime, while those serving in Vietnam may have traveled to China Beach or Thailand. Other recent conflicts such as Desert Storm, Bosnia, Kosovo or the beginning stages in Afghanistan were six or eight month tours, and did not incorporate EML except in emergency situations. My intent is not to delve into the full history and progression of EML, rather I would like to share my "recent ride" and give a few tips for adjusting to and surviving EML.

**Making the Journey** — Just like deciding whether to get on that roller coaster, the decision about whether to take EML and where to go can be daunting. The military does not force a Soldier to take EML, but rather encourages the option. It can be taken to any approved destination in the world. Some folks take advantage of visiting exotic locations, while others travel home to visit family and/or friends. There are other alternatives in theater for those not wishing to take the full EML. I've heard a few Soldiers and Family members say it's just too hard to leave and then have to go back again. This is a rational argument, and we also contemplated the effects of actually taking EML on our children and ourselves.

**Tips:** Talk it over with those you love and decide what is best for you and your family. What works for us may not work for everyone.

**That first hill** — Remember how the roller coaster ticks up that first big hill? It takes forever, and the adrenaline is pumping in anticipation toward that first drop. You are not quite sure what to expect. This mirrors the first leg of EML. I kept cleaning and waiting for the phone to ring ... are you in Kuwait? Are you in Dallas? The trip took a bit longer than anticipated (or I just didn't get my days right), which forced me to keep cleaning the house. It was downright exhausting. The kids went to hourly care, while I cleaned some more.

**Tips:** Don't keep frantically cleaning: your Soldier won't really care about the house and it causes more anxiety. Soldiers: keep the communication going. Call or e-mail when you can. Don't surprise a spouse or Family member by suddenly showing up. Make sure not to plan trips or events immediately around the return date, as the Soldier's arrival time will change on a dime. Expect delays.

**Top of the Hill** — I call this the euphoria phase. You are at the airport ... waiting, waiting, waiting. I took my kids right to the gate to see my husband, and we sat next to another 2nd Brigade Combat Team family. We didn't know each other, but there was definitely an "Army bond." Finally, we saw our Soldier. There was excitement, elation and a bit of relief. That first hour or so you feel like you are on top of the world ...

then you start down that first big dive.

**Tips:** If you have children, make sure they are fed (unless you are into buying overpriced airport food), and have minimal items to get through security to go to the gate and use the potty. Also, try not to get to the airport way ahead of schedule or you'll just be sitting with butterflies in your tummy. Soldiers ... get ready to be bombarded with hugs/kisses and to do some non-stop talking for the first hour or so, especially if you have children. Younger children may be cautious or afraid at first. My two-year old didn't know what to think the first few days.

**Ups, downs and upside-downs** — You are now headed down the first big plunge of EML. Soldiers will try to see how they fit into the routine, and families try to adjust to having the Soldier around. It's kind of like freefall with your hands waving in the breeze: it's fun, but a little scary. No one knows quite what to say, how

to say it, what questions to ask or what to do.

"Where do you want to eat? I don't know, what do you want to do?"

The ups and downs begin. You try to adjust the best you can, fitting eight months worth of "stuff" into two weeks ... also fully aware, that the ride is short this time around. The first couple of days, I physically and mentally got sick. Too bad it was during our overnight

without the kids. As Danish philosopher Soren Kierkegaard said,

"anxiety is the dizziness of freedom."

**Tips:** Don't try to do something the first couple of days. If a trip is planned, wait until day three or four to adjust. Make a list of "possible" places to go, things to eat and "honey do's," but don't try to accomplish everything on the list. Pick and choose each day. This works well for children too. If you are getting ready to party ... remember the jetlag, food changes and how alcohol might affect you that first 48 hours.

**Slow-down - Ride Over** — As you enter the second week of EML, a voice seems to be in the back of your head letting you know that the EML ride is coming to a close. You try to push it out, but it creeps back in. This is the time when you keep cramming things into the space allotted, hoping that the last day doesn't come. You near the end of the ride, and it's time to get real and shift gears. The hours leading up to the return airport trip can be emotional and long. Similar to the start of the deployment, there is almost the sense of "oh, hurry up and get on with it, so that you can get back!" Same goes for EML. The ride is over, but you can always look to the future when the return will become more permanent. The sooner they go, the sooner they will be back.

**Tips:** Don't try to complete a "list" of tasks you think you should do by the end of EML. Enjoy each individual day and try not to focus on the final day of EML. Entertain the idea of a "curb" drop off at the airport. Trust me, it is far better than a long, drawn-out farewell at the gate. Rip the band-aid off quickly! It is much easier to get adjusted to the rest of the deployment without a big cry fest and scene. Try to get back to a routine as quickly as possible, and get yourself involved in something ... a hobby, your work, volunteering or church activities, whatever keeps you going. Time will go by quicker until you have to ride the next coaster. Army life seems to just be one giant continuous Six Flags Screaming Eagle.

The choice is yours as to how you prepare for and handle EML. Unlike families from generations long ago, I got the option and privilege to see my Soldier during wartime. I will forever be grateful for that opportunity. No matter how bumpy the ride, I will continue to get on that roller coaster — hands waving high, feeling the breeze.



Photo: Illustration by Julie M. Lucas

## MOUNTAINEER

### Commanding General:

Maj. Gen. Robert W. Mixon Jr.

### Garrison Commander:

Col. Eugene B. Smith

### Fort Carson Public Affairs Officer:

Dee McNutt

### Chief, Print and Web Communications:

Douglas M. Rule

### Editor:

Julie M. Lucas

### Staff Writers:

Michael J. Pach

Rebecca E. Tonn

### Happenings:

Nel Lampe

### Sports Writer:

Walt Johnson

### Layout/graphics:

Jeanne Mazerall

This commercial enterprise newspaper is an authorized publication for members of the Department of Defense. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government or the Department of the Army. Printed circulation is 12,000 copies.

The editorial content of the *Mountaineer* is the responsibility of the Public Affairs Office, Fort Carson, CO 80913-5119, Tel.: (719) 526-4144. The e-mail address is [carismountaineereditor@conus.army.mil](mailto:carismountaineereditor@conus.army.mil).

The *Mountaineer* is posted on the Internet at <http://public.carson.army.mil/sites/PAO/mountaineer/archives/forms>.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. The *Mountaineer* is printed by Colorado Springs Military Newspaper Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. It

is published 49 times per year.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Colorado Springs Military Newspaper Group, of the products or services advertised. The printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. For display advertising call (719) 634-5905.

All correspondence or queries regarding advertising and subscriptions should be directed to Colorado Springs

Military Newspaper Group, 31 E. Platte Avenue, Suite 300, Colorado Springs, CO 80903, phone (719) 634-5905.

The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. The deadline for submissions to the *Mountaineer* is close of business the week before the next issue is published. The *Mountaineer* staff reserves the right to edit submissions for newspaper style, clarity and typographical errors.

Policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army.

Reproduction of editorial material is authorized. Please credit accordingly.

# NEWS



*Command Sgt. Maj. Terry G. Young, incoming Division West, First Army, addresses the crowd at McWilliams' change of responsibility ceremony at Manhart Field.*

## McWilliams

From Page 1

"I'm going to speak what's on my heart," said McWilliams. "To the Fort Carson community, I have to tell you, I've been blessed. Because of this great community, the great civilian work force and great Soldiers here at the Mountain Post, Georgia and I have decided to make Colorado Springs our home. We have lived in multiple communities throughout our career, and we have never been associated with a community that

is so supportive, so giving and so warm hearted."

McWilliams took the time to thank the people he had the honor to serve with, especially Mixon and his support staff. He also thanked the civilians who work on post.

"The glue that holds this installation together is the dedication, support and commitment of our civilian workforce," said McWilliams. I couldn't have asked for a better dedicated civilian workforce as we have here at Fort Carson. Thank you for what you do. Thank you for your continued service. Thank you for your dedicated care of our men and women in uniform. You're magnificent, and you don't receive the praise that you deserve."

"Ladies and gentlemen, as an old saying goes, old Soldiers never die, they just fade away," said McWilliams "Trust me, I won't fade away. I will just change my camouflage fatigues to business attire. You will see more of me at the Mountain Post as I continue to serve and continue to try to improve the quality of life for our men and women and their Families in uniform. Thank

you for a very special day and God bless each and every one of you. Western Six, this is Western Seven. My final net call is complete, requesting permission to depart the net. Hooah!"

Young addressed the crowd, expressing his gratitude and his willingness to serve Fort Carson.

"I'm in awe to be in the presence of such a distinguished force here at Fort Carson, both military and civilian," said Young. I've never seen a community come together like this one. By looking around, it's not hard to be taken in by the beauty of this post. If you look within the post at the Soldiers and civilians, you see the same type of beauty within them. Portia and I couldn't be more pleased to have the opportunity to serve here. We'll do our best to continue the great traditions of the Mountain Post team and continue to make Fort Carson a great place to live and a great place to retain Soldiers. I may have to ban Sergeant Major McWilliams from post, because I know he ain't going away. I know he's going to be around. Western Seven reporting for duty."



*Command Sgt. Maj. Terrance D. McWilliams gives a thumbs up as he, his wife, Georgia and his mother are escorted to his change of responsibility ceremony June 21.*

# Coyotes a growing nuisance on Fort Carson

by **Richard Bunn**

*Directorate of Environmental  
Compliance and Management*

Coyote sightings and complaints on Fort Carson have increased in recent weeks. But the phenomenon is not local. Simply go on the Internet and search “coyote attacks” and you will quickly learn that human-coyote interactions are on the rise across the county. Just north of us in Denver, complaints about coyotes and attacks on pets are at an all-time high.

Virtually all coyote-human interactions in the suburban-urban environment have their root cause in food. It is easy pickings for the coyote in these environments. Coyotes venturing into neighborhoods quickly learn these are food-rich environments. Their natural prey, mice and other small animals, are abundant. They also discover garbage, pet food, and pets for the taking. The coyote soon

learns to associate humans with food.

While in the suburban landscape, coyotes have other peculiarities that make them unwelcome guests. According to the Colorado Division of Wildlife, coyote complaints increase during the breeding season when coyotes have pups. They can become very territorial and aggressive, behaviors that can precipitate an attack.

Coyotes are wild animals. Don't be fooled by their sometimes apparently tame demeanor. It may be a way they have learned to obtain handouts from uninformed humans. They are wild and must be respected. Because they are wild they are a threat to pets and in some cases to small children.

## *Protect pets and children*

Coyote attacks on children and adults are rare, but they do occur in the United States. Never leave small children unattended, especially in areas where coyotes have been seen. On Fort

Carson, that means just about anywhere in the housing areas and along one of the many trails and parks. Tell children not to approach coyotes and to always regard them cautiously and with the respect due a wild animal. Don't allow pets to roam the neighborhood and don't leave them out at night. Never approach a coyote, especially when accompanied by a cat or dog. Having a pet off leash greatly increases the chance of an attack, especially if the pet charges or acts aggressively toward the coyote.

## *Coyote encounters*

Do not approach a coyote or encourage an encounter. Coyotes are generally shy, but if approached by a coyote, speak to it in a loud authoritative voice. If approached at an uncomfortably close distance, the Colorado Division of Wildlife recommends shouting and throwing sticks, rocks or other objects to scare the coyote away. Teach children to stay in a group if a coyote is

encountered and move toward a safe area. Never turn your back on an approaching coyote or turn and run. If problems cannot be resolved, don't hesitate to contact the DECAM Wildlife Office to schedule a visit with a wildlife officer to the neighborhood (524-5394 or 524-5356). Report threats and attacks immediately. If attacked or threatened, or coyotes are seen acting aggressively toward people or pets, contact the Fort Carson Military Police immediately (526-2333). The police will respond and contact DECAM Wildlife Officers.

This is a simple and easy to understand fact: coyotes, bears and mountain lions are an omnipresent and unique part of the Colorado landscape. There's no escaping that fact. To ensure personal safety and the safety of pets, children, and neighbors, don't encourage coyotes to come into Fort Carson neighborhoods.

# MILITARY

## Brigade reaches re-enlistment goal 3 months early

**Story and photo by Maj. Sean Ryan**

*2nd BCT, 2nd Inf. Div. PAO*

**FORWARD OPERATING BASE LOYALTY, Iraq** — The numbers continue to add up for Soldiers re-enlisting with the 2nd Brigade Combat Team, 2nd Infantry Division, in Iraq as the Colorado Springs, based unit recently attained the fiscal year goal of 534 reenlistments on June 20 — more than three months early.

When Spc. Aaron Holker took his new oath of re-enlistment on June 20, he had no idea he was meeting the brigade's initial mid career goal of 534 Soldiers, not to mention helping the bonus money add up to more than \$4.8 million.

"I have a good job that is very challenging and rewarding," said the native of Orem, Utah, and member of the brigade personal security team.

The former wrestler at Brigham Young and Iowa State Universities received four years' stabilization at Fort Carson and a bonus.

"My parents are not too happy I'm not home with them in Utah, but they support what I'm doing," Holker said.

The Strike Force re-enlistments hit a milestone leading to the year's goal on June 12 with their 500th, when with Pfc. Tyler Male, a counter-fire specialist for the brigade, held up his right hand up and pledged to give an additional four years to the country.

Male said he "is happy to give back to the

country, although my mother won't be too happy when she finds out."

"This is the best option in my life right now," Male said. "In the civilian world, I would have to pay for medical insurance and would not have job security and the same type of benefits."

Male received a bonus, but that was not the main reason he re-enlisted.

"I like serving my country and feel a level of pride in doing so," he said. "Nothing really compares to the feeling I get from doing my job. I can't see myself delivering pizzas or working in a factory."

According to Master Sgt. Andrew Staats, the main reason Soldiers give for re-enlisting is their fellow Soldiers.

"Soldiers are very happy with their jobs and my goal is to retain quality Soldiers," said Staats a career counselor for the 2nd IBCT.

Re-enlistment money does play a small part in re-enlistments, as it is tax-free and this helps relieve some of the burden of a deployment according to Staats. But he reiterates, "There is also retirement in only 20 years and a lot of other benefits that are often overlooked. Not too many jobs can offer that any more."

Command Sgt. Maj. William M. Johnson, brigade command sergeant major for 2 BCT, said, "I think it is truly amazing to see so many Soldiers re-enlisting."

He noted that 117 Soldiers who had been stop-lossed, or forced to remain in the Army until the



*Pfc. Tyler Male, a counter-fire specialist became the 2nd Infantry Brigade Combat Team's 500th re-enlistment in a ceremony at Forward Operating Base Loyalty in eastern Baghdad June 12.*

deployment is over, still re-enlisted.

Johnson also said that the Soldiers are committed to the fight, as evidenced by the operations tempo of recent years.

"Some of these Soldiers don't know anything but fighting the war against terrorism," Johnson said. "Many completed a hardship tour in Korea, followed immediately by a tour in Ramadi, and now they're back again."

# Military briefs

## Miscellaneous

**Joe Gmelch Wounded Warrior Welcome socials** — are held the third Thursday of the month at 3:30 p.m. at Alternate Escapes to recognize wounded Soldiers who came home separate from their units and did not participate in a welcome home ceremony. The next social is July 19 and all are welcome.

**The Military Officers Association of America** — invites all active duty and retired officers to a special presentation by retired U.S. Air Force Maj. Gen. Bentley B. Rayburn Thursday at 7 a.m. at the Peterson Air Force Base Officers Club. Rayburn is chairman of the veteran cemetery project and will discuss the southern Colorado veterans cemetery. This is a breakfast meeting with a charge of \$8.50 per person for food. Contact Max Borysko at (303) 647-0405 for more information.

**Organizational Clothing and Individual Equipment** — As of June 1, Soldiers currently assigned to a modified table of organization and equipment unit with permanent change of station orders within the continental United States are required to retain certain OCIE and will be allowed to ship one duffel bag containing OCIE to their new duty station. For a list of items or if you have questions, call Directorate of Logistics supply contacts Dale Caddick at 526-6140 or Frank Howard at 526-6477.

**\$500 Reward** — The U.S. Army Criminal Investigation Detachment is offering a \$500 reward for information leading to the apprehension and conviction of the person(s) responsible for the damage to U.S. government property and fires in motor pool building 1882 on May 2. If you have information about this or any crime, contact CID at 526-3991 or the Military Police desk at 526-2333. The \$500 reward offer expires May 11, 2008.

**Harmony in Motion** — is holding auditions for basses, tenors and sopranos. Any Soldiers interested may contact Sgt. Scott Dickson at 524-3618, 338-2340 or [scott.d.dickson@conus.army.mil](mailto:scott.d.dickson@conus.army.mil).

**The Wounded Soldier and Family Hotline** — accepts calls from 5 a.m.-5 p.m. Monday-Friday at (800) 984-8523. The call center offers wounded and injured Soldiers and family members a way to seek help to resolve medical issues and provides an information channel to senior Army leadership to improve the way the Army serves the medical needs of Soldiers and their Families.

**The U.S. Small Business Administration** — has announced the Patriot Express loan program for veterans. This initiative is intended to make it easier for veterans to qualify for small business loans. For more information visit [www.sba.gov](http://www.sba.gov).

**Food service special events** — Family Readiness Groups and units that conduct fundraisers by selling limited food items are required to fill out an application and checklist for their event. Contact Capt. Teal Reeves at 526-7922, or Sgt. Misty Gordon at 526-7375 for details and a copy of the paperwork needed. The application and checklist are also available through unit Family Readiness Groups.

**Self-Help Weed Control Program** — Units that wish to participate in the Self-Help Weed Control Program must have Soldiers trained in the proper handling, transport and application of herbicides. Training sessions are held every Wednesday from 10-11 a.m. through the end of October in building 3711. Each unit may send up to five people for training unless preapproved for more through the unit commander and the Directorate of Environmental Compliance and Management. Call the Pest Control Facility at 526-5141 for information.

**Warrant Officer Program** — is available for all Reserve component Soldiers who meet the qualifications. The Army Reserve Warrant Officer Accessions team is located in building 8932, 4000 O’Connell Blvd. A \$10,000 accession bonus will be paid upon completion of the warrant officer basic course. Contact Master Sgt. Brian Brownell at

526-6544 or [brian.brownell@usar.army.mil](mailto:brian.brownell@usar.army.mil).

**Single Soldiers requesting basic allowance for housing** — to live off post must first submit a memo to the Unaccompanied Personnel Housing Office, building 7301, room 114, for an exception to policy to draw BAH at the without- dependent rate. Soldiers should not obtain a lease until approval is given. Contact Judy Barstad at [judy.barstad@conus.army.mil](mailto:judy.barstad@conus.army.mil) or 526-0570 with any questions.

**Officer Candidate School** — Packet submissions for direct select and local OCS are handled by the Personnel Services Branch, Military Personnel Division, in building 1218, room 160. OCS direct selection is in effect until Sept. 30 and there are still slots open. Contact Tom Grady at 526-3947 for more information.

## Hours of Operation

**Central Issue Facility regular business hours** — are listed below. Call 526-3321 to make appointments.

### In-processing

Monday-Thursday from 7:30-10:30 a.m.

### Initial issues

Monday-Thursday from 12:30-3 p.m.

### Partial issues

Monday-Thursday from 12:30-3 p.m.

### Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

### Direct exchange

Monday-Thursday from 12:30-3 p.m.

### Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

### Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

**Trial defense service hours** — TDS hours of operation are Monday-Thursday from 9 a.m.-4 p.m. TDS is closed on Fridays except for appointments and emergencies. Administrative chapters and Article 15 briefings are held Tuesdays and Thursdays at 1 p.m., and walk-ins are taken until 12:50 p.m.

**Claims Division hours** — The Claims Division office hours are Monday-Thursday from 8 a.m.-5 p.m, Friday from 8 a.m.-4 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R (pink form).

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

**Warhorse Cafe** — Monday-Friday 7:15-9:15 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekends hours are 9:30 a.m.-1 p.m. (brunch) and 5-6:30 p.m. (dinner).

**Wolf Inn** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 9:30 a.m.-1 p.m. (brunch), and 5-6:30 p.m. (dinner).

**Butts Army Airfield** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner).

**10th SFG** — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch). Closed for dinner and on weekends.

**Education Center hours of operation** — The Mountain Post Training and Education Center’s hours are as follows:

• **Counselor Support Center** — Monday through Thursday 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

• **Learning Resource Center/Military Occupational Specialty Library** — Monday through Thursday 9 a.m.-8 p.m.; Friday 9 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m.; and training holidays 9 a.m.-5 p.m.

• **Defense Activity for Nontraditional Education**

**Support and Advanced Personnel Testing** — Monday-Friday 7:30-11:30 a.m. and 12:15-4:15 p.m.; closed training holidays.

• **Basic Skills Education Program/Functional Academic Skills Training** — Monday-Thursday 1-4 p.m.; closed training holidays.

• **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m.; closed training holidays.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

## Briefings

**ACAP briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing servicemembers. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Thursday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m. to building 1118, room 133. Call 526-1002 to register.

**ETS briefing** — The ETS briefing for Tuesday has been rescheduled for July 10. Otherwise, ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at building 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

**Special Forces briefings** — are held Wednesdays in building 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

## Commanding General’s Hotline

**by Maj. Gen. Robert W. Mixon Jr.**  
*Commanding General,  
Division West, First Army  
and Fort Carson*



**Mixon**

The Commanding General’s Hotline exists to provide Mountain Post Team members a channel to express their concerns and good ideas directly to me.

It is in everyone’s interest to share information and solve problems efficiently and quickly. The Commanding General’s Hotline is one way to successfully resolve difficulties.

Communication is a two-way street, and this is one way I use to communicate with Soldiers, family members, civilian employees and contractors of the Mountain Post team.

There are two avenues to communicate concerns, complaints, suggestions or praise: call the hotline, 526-2677, or go online to [www.carson.army.mil](http://www.carson.army.mil), click on “contact us” and complete the form.

Your issue will be worked by me and my staff, but please try to resolve conflicts through traditional means first, including your chain of command.

So that we may process your concern, suggestion, complaint, problem or praise, please give us your name, rank, unit and as much information about the situation as possible.

## 'War-Fighter Refractive Eye Surgery Program'

# LASIK, PRK free for Soldiers

by **Rebecca E. Tonn**

*Mountaineer staff*

Soldiers, if you wear glasses or contact lenses, you might be able to toss them in the trash — if your vision qualifies you for either of two refractive eye surgeries: laser in-situ keratomileusis, better known as LASIK, or photorefractive keratectomy, referred to as PRK.

These procedures are offered only for Fort Carson active-duty Soldiers. Priority one is given to Brigade Combat Teams and 10th Special Forces Group; priority two is all units assigned under 43rd Area Support Group.

"Surgery must be done at least 90 days before a Soldier deploys," said Mike Ives, Eye Clinic supervisor at Evans Army Community Hospital.

Currently, LASIK and PRK are performed at the Air Force Academy, but Evans is expanding its services and will have its own laser clinic and equipment later this year.

Once the new clinic is opened, Ives hopes that 1,500 Soldiers per year may have LASIK or PRK.

"Right now we do 500 per year. Hopefully, we will triple that amount so that all Soldiers who want the procedure and are candidates for it will be able to have it done," Ives said. Ives encourages Soldiers to consider

having one of the procedures. "If Soldiers wear glasses that get knocked off or lost during patrol — they can be in trouble."

Staff Sgt. Tony Colbert, noncommissioned officer in charge of Evans' Eye Clinic, had PRK in September 2006. Colbert's vision was 20/1,000 (considered profound visual impairment) in both eyes. Vision 20/200 or worse is considered legally blind.

Colbert said of his presurgery vision, "It was bad. Now I'm 20/15 in both eyes. When I got up from the table, I could immediately read the clock." Before PRK, he could not see the largest letter at the top of the eye chart, from 20 feet away.

Target vision after corrective surgery is 20/25. "We were pleased he (Colbert) had 20/15; that was better than we hoped for," Ives said.

Colbert said bad vision can be considered a handicap and is glad he decided to have the procedure. "I would recommend it to anyone who needs it. It's (refractive surgery) one of those life-changing things. It's a big benefit for Soldiers," Colbert said.

Sgt. Raymond Manalo, 64th Brigade Support Battalion, 3rd Brigade Combat Team, 4th Infantry Division, had LASIK on both eyes in January 2007. Manalo's vision was 20/200 in both eyes prior to LASIK; now it is 20/25 in his left eye and 20/20 in his right eye. He is happy he was

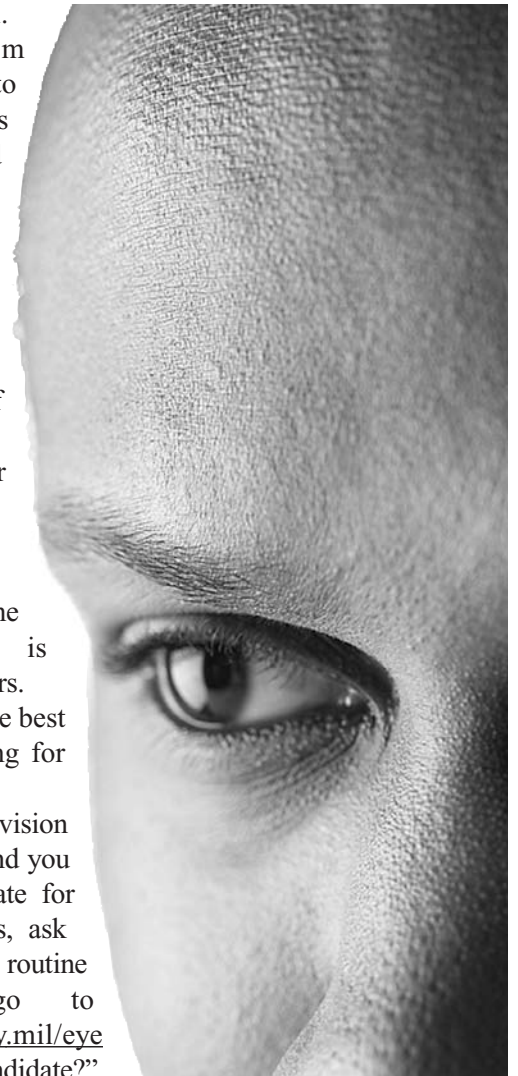
a candidate for LASIK.

"It helps a lot when I'm out on the range, trying to zero and shoot, it gives me more freedom. And I don't have to (try to find) my glasses when I wake up," Manalo said.

Ives, who is retired from the Army, said, "Ninety-eight percent of patients have 20/25 vision or better, after surgery. This would cost \$3-4,000 for civilians. I like working for the Army because the primary consideration is quality of care for Soldiers.

"I think it's one of the best things the Army is doing for the Soldiers," Ives said.

Soldiers, if you have vision that is 20/50 or worse, and you think you are a candidate for one of these procedures, ask your technician during a routine eye exam or go to [www.evans.amedd.army.mil/eye](http://www.evans.amedd.army.mil/eye) and click on "Am I a Candidate?"



# Videos available for children whose parents deploy

by Jerry Harben

*Army Medical Command Public Affairs Office*

"It's important to recognize your fear, but not to dwell on it."

The speaker is Cameron Lucke, 17-year-old son of an Army officer, and he is addressing concerns of other teenagers as narrator of a video, one of three now available to help families and communities deal with the stresses of military deployments.

"Military Youth Coping With Separation: When Family Members Deploy" is a half-hour video of teenagers discussing their feelings and how they cope with issues that arise when a parent is deployed. This video is available for viewing at the Army's behavioral health Web site in the children's section, [www.behavioralhealth.army.mil/](http://www.behavioralhealth.army.mil/) and on the website of the American Academy of Pediatrics at [www.aap.org/sections/unifserv/deployment/ysp-resources.htm](http://www.aap.org/sections/unifserv/deployment/ysp-resources.htm).

"Mr. Poe and Friends Discuss Family Reunion After Deployment" uses cartoon characters to address deployment issues affecting children ages 6 to 11. Both of the videos will also be available for viewing or download by the end of June.

"Talk, Listen and Connect: Helping Families Cope With Military Deployment" features the Sesame Street character Elmo dealing with the prolonged absence of his father. It is suitable for ages 3-5, and is available from Sesame Street Workshop at [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc).

The videos will be available on DVDs for anyone who cannot download large files from the Web. Watch the Web sites for information on how to get the videos.

"Our goal is to have a proactive, preventive

package in the community before deployment," said Col. George Patrin, a pediatrician and new commander of the Presidio of Monterey, Calif., Army Health Clinic, who helped develop two of the videos and undertook related research for his thesis in the Army-Baylor Graduate Program in Health and Business Administration.

At present, at least 700,000 children in the United States have at least one parent deployed for military duty, according to the American Psychological Association February 2007 report.

The American Academy of Pediatrics states that children's reactions to a parent being deployed may include anger, sadness, fear, confusion, and feelings of abandonment, loss, anxiety and depression. These reactions can lead to significant problems such as school absenteeism and failure, social isolation, family emotional abuse and violence, psychosomatic medical complaints and depression.

The character of Mr. Poe originated in 2003, when commanders of troops returning from Southwest Asia asked Gregg Drew, a Reserve chaplain in Hanau, Germany, to develop a program to help families. Drew approached Patrin, who had experience in puppetry and video production, and Patrin brought in Lt. Col. Dave Smith, an officer in the lab at Landstuhl Army Regional Medical Center, who had developed Mr. Poe as a sock puppet character for children's sermons. Their pilot puppet program has just been converted into an animated feature. Mr. Poe and a variety of adult and child characters relate their experiences and feelings.

"At first, Dad was buying all kinds of food we didn't even eat. Now, just before Mom comes home,

he's running all over cleaning the house," runs one exchange between the characters Sally and Laura.

"We put a lot of effort into making the scenarios true to life and applicable to any service Family," Patrin said.

Maj. Keith Lemmon, pediatrician and adolescent medicine faculty at Madigan Army Medical Center, Fort Lewis, Wash., began development of the video for teenagers while at Brooke Army Medical Center, Fort Sam Houston, Texas. He explained that he became concerned after his deployment to Afghanistan. Despite his expertise in adolescent medicine and his wife's as an educator, his wife experienced depression and his 4-year-old son was irritable and acted out.

"It soon became apparent that no one is immune," Lemmon said. "I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?"

Between introductory sections with Cameron, teenagers on the video share their experiences and how they react when a parent is deployed.

"I made the freshman basketball team while he was gone. He never got to see any of my games," said one boy.

"Almost every waking minute I worry about him," said a girl.

"The way military kids tend to get through the deployment is they stay busy," advised another boy.

Lemmon said his objectives were to support teenagers and to provide a tool to help them get through the deployment, and also to sensitize the

# One Soldier's talent brightens DFAC



*Spc. Rebeca C. Downs, 2nd Brigade Special Troops Battalion, 2nd Infantry Brigade Combat Team, 2nd Infantry Division, carves the unit patches of those at Forward Operating Base Loyalty.*

**Story and photo by  
Spc. Courtney Marulli**

*2nd Brigade Combat Team,  
2nd Infantry Division Public Affairs*

**FORWARD OPERATING  
BASE LOYALTY, Iraq** — One Soldier in 2nd Brigade Special Troops Battalion, 2nd Brigade Combat Team, 2nd Infantry Division carved the benches in front of the dining facility, eventually creating a tribute to the units on the forward operating base.

Spc. Rebeca C. Downs, a food service specialist, with Headquarters and Headquarters Company, has always been artistic, whether decorating a cake or creating a graphite drawing. Downs brought a touch of color to the neutral tones of Iraq and gave others something to talk about.

Two wooden benches sit outside the DFAC, which the guards use while checking identification cards of those entering. A few Soldiers on night duty started carving into the wood but then stopped. Downs, who firmly believes in finishing something you start, took out her knife and began to create shapes and designs in one of the benches.

"It's not graffiti," she said. "It's beautification."

The carvings didn't stop there. She painted the bench and then, with

the suggestion from several sergeants major, carved out the unit patches of those at Loyalty, along with American and Iraqi flags into the second bench. The colors of those patches and flags are offset by a background of blue.

"It brings it out more," she said of adding the color. "Everything's so dull here. It gives something to look at when you come to the DFAC other than the zombie-like tunnel."

Carving isn't Downs's artistic expression of choice. She prefers to draw in graphite.

"I think pictures have more meaning in black and white," she said of her creations. "Honestly, I can't color in colors. I'm really bad with shading in colors."

Black and white is simple, she said. "But sometimes simplicity is the best," she said.

This is her second deployment to Iraq. Downs was one of the 2nd BCT Soldiers who made the historic deployment from Korea to Ar Ramadi, Iraq. From there the unit settled in at Fort Carson and is now back in Iraq.

Carving benches grew out of her need to see a project through to the end and her boredom during long hours when she sits outside checking the identification cards of those entering the DFAC.

Downs plans to get out of the

military when she returns to Fort Carson, but will remain in the military life as her husband is a noncommissioned officer in 2nd Brigade's Special Troops Battalion.

Getting out of the Army will allow Downs the time necessary to dedicate to her craft. With four years of art classes in high school under her belt, Downs is going to dive into drawing full time, with the encouragement of her husband.

Along with drawing, cake decorating and other culinary arts are other artistic expressions she wishes to delve into.

Boredom and the need to see something through aside, Downs said carving and drawing allows her to not think about the times when her husband goes outside the wire.

"It keeps me from thinking about that mission," she said of her doodling.

Even though her creations help her, they also help others as they bring brightness into a rather drab world, which can help morale.

"I think it does (affect morale) a little bit," she said of the effect of her pieces on the morale of other Soldiers. "When I started it people said not to leave out their patch. People were quick to see patches they were wearing on the bench," Downs said.

## Mortuary Affairs: Sending fallen heroes home

**by Spc. Courtney Marulli**

*2nd Brigade Combat Team,  
2nd Infantry Division Public Affairs*

**FORWARD OPERATING BASE RUSTAMIYAH, Iraq** — Most Soldiers with desk jobs don't see the price of war. But for some troops, it is their job to see all their unit's Soldiers who have paid the ultimate price.

The 2nd Brigade Support Battalion, 2nd Brigade Combat Team, 2nd Infantry Division Mortuary Affairs team and the volunteers who help when needed, try to stay positive while dealing with the horrors of war.

Sgt. 1st Class Ernesto Gonzalez, the noncommissioned officer in charge of mortuary affairs, has been doing this job for nine years. Knowing his efforts help families receive closure is what keeps him going.

Gonzalez said he used to be in a unit that recovered remains from past conflicts such as the Vietnam and Korean wars.

"The families, older people, stand out there and greet you and thank you," he said. "We haven't met the families over here, but I've had thank you letters before."

Those thank-you letters are what motivates him to keep doing his job.

Gonzalez said he always thinks

about how he would feel if he lost a loved one. But, he said no one who works in mortuary affairs sees the effects of their efforts until a Family member of a fallen comrade shakes their hand.

Gonzalez is on his first deployment and so are many of his volunteers.

"I didn't know what I was getting into," he said.

Whether this is their first

deployment or not, this is the first time everyone in the mortuary affairs section and the volunteers have seen the cost of war up close.

Remembering how he felt with his first casualty, Gonzalez keeps a close watch on his new volunteers.

"Whenever I have someone new, I keep all eyes on (him), ask (him) questions and talk to (him)," he said.

Gonzalez said he has even been

asked if he was OK.

Spc. Jason Sutton, Headquarters and Headquarters Company, 2nd BSB, is part of the mortuary affairs team and re-enlisted to make it his military occupational specialty.

Sutton said it's not a normal part of daily life in a regular job to see severely damaged remains.

"You've got to just keep checking up on your people and keep your head in the game," he said.

It's different than working at the morgue, Gonzalez said, as the remains that come through mortuary affairs are wearing the Army uniform and have name tapes.

"You could have seen them at the PX," he said.

The crew has been fortunate to not have worked on anyone they personally know.

"That's the biggest fear," Gonzalez said.

Sutton said he doesn't ask a lot of questions.

"I don't want to know their name, or how many kids they have," he said. "If I treat them like I don't know them it's just work. It's probably bad to say that but that's the way I keep my sanity."

If remains come through and he



**Photo by Staff Sgt. W. Wayne Marlow**

*Staff Sgt. Tracy Jones, left, and Spc. Jason Sutton input data into a computer at Forward Operating Base Rustamiyah in eastern Baghdad. Jones and Sutton are part of the 2nd Brigade Support Battalion, 2nd Brigade Combat Team, 2nd Infantry Division Mortuary Affairs team.*

# COMMUNITY

## Black's show is hypnotic

Story and photos by Michael J. Pach

Mountaineer staff

Bruce Black of Black's Magic Productions performed a free comedy hypnosis show Saturday at the Freedom Performing Arts Center.

Black, a retired military servicemember, is a stage magician and has been performing hypnosis for 15 years.

He explained that hypnosis works through the power of suggestion and that audience members who volunteer to participate in his shows are still in control through their subconscious. He said that a person's subconscious will not allow them to do something they don't want to.

Thirteen people from the audience volunteered to be hypnotized and Black dispelled some of the myths about hypnotism before putting them under hypnosis.

According to Black, being under hypnosis is equal to getting six-eight hours of sleep. He suggested that anyone who wanted to party all night volunteer to go under. He also said that no one would reveal intimate secrets, that a person cannot be hypnotized against their

will nor can someone get stuck in hypnosis.

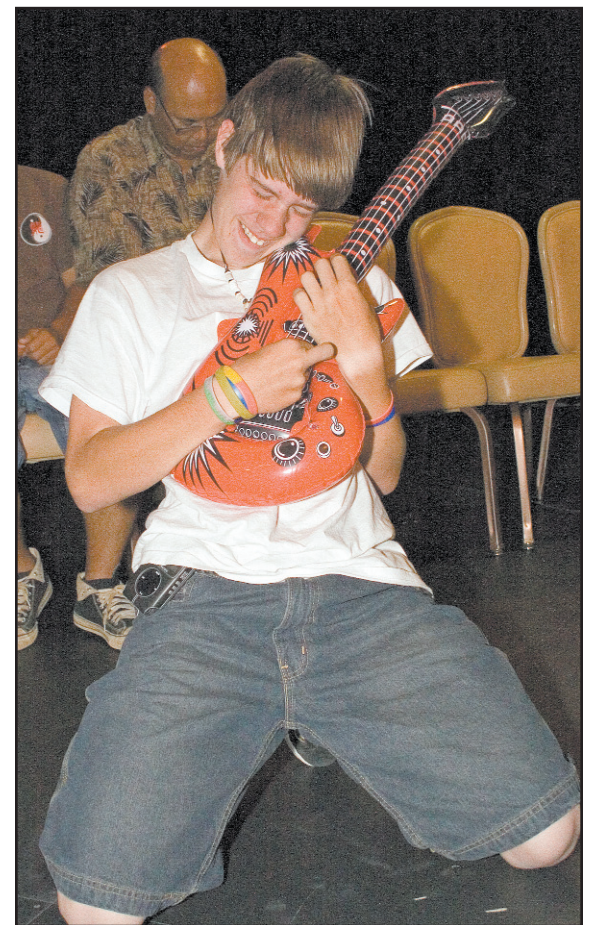
Black took a few minutes to hypnotize the volunteers. He put them through various scenarios such as riding in a bus while the temperature changed from scorching hot to freezing cold. The crowd of about 100 howled with laughter as Black lead the volunteers from one humorous situation to another.

Two young men were handed inflatable guitars and performed wild guitar solos to hard rock music. Another young man was told he was the heavyweight boxing champion of the world and was knocked out for the first time in slow motion. Lt. Col. Steve Drennan, 10th Combat Support Hospital, was told he was a Japanese emperor and his "empress," Leah Whitney, interpreted his "Japanese" for the audience as he answered Black's questions.

Black will perform at FREEPAC again Sept. 15 with a free buffet prior to the show. For information on Black's show or any upcoming events at FREEPAC, contact Becky McCuistion at 526-1867 or [rebecca.mccuistion@us.army.mil](mailto:rebecca.mccuistion@us.army.mil).



**Bruce Black**



Nolan Hammer rocks out during Bruce Black's hypnosis show. Hammer was told to perform a wild guitar solo as Van Halen music played.



**Left:** Jima Higa shadow boxes as the "heavyweight champion of the world" while under hypnosis.



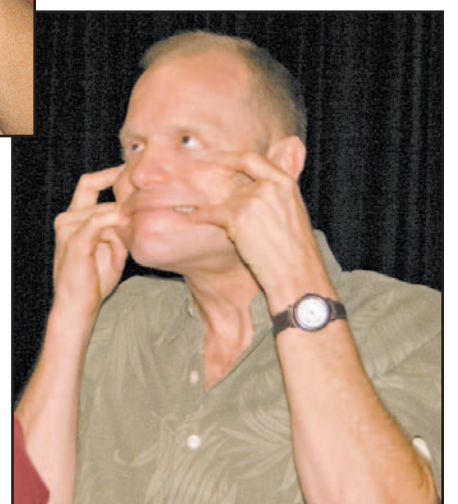
Aldan Olds, center, accuses Jimmy Higa, right of emitting a foul odor as he and Nolan Hammer hold their noses.



**Left:** Socorro Riley "auditions" for a movie part as a vampire while under hypnosis.



Nolan Hammer, center with white shirt, uses Felix Magalong's head for leverage as he tries to get out of his seat. Bruce Black told all of the men he hypnotized that they were nine months pregnant and asked them to stand up.



Lt. Col. Steve Drennan, 10th Combat Support Hospital, makes a face at Bruce Black while under hypnosis. Black told all of his volunteers that they were in second grade and he was their mean teacher. As soon as Black turned his back to the volunteers, all of them made faces at him.

# Tips for teams taught

**by Rebecca E. Tonn**

*Mountaineer staff*

The Equal Employment Opportunity Office sponsored a class for garrison and Evans Army Community Hospital management and supervisors June 21 at Elkhorn Conference Center.

Sharon V. Lewis, president and founder of Touchdown Counseling Services, taught the class, titled: “Five Dysfunctions of a Team.” Lewis kept the audience engaged with questions, personal examples, team-evaluation tests and the use of sport and military vernacular.

A “sniper,” for instance, is that one proverbial person who is toxic to the team. Lewis explained that a healthy team — a small core of people who know how to trust one another and work well together — will not be undermined by a sniper, even if he or she is the supervisor.

“When you have trust, healthy conflict, commitment and accountability, the foundation of the team is already laid. Even with the constant changes (at a military installation), the team can remain strong,” Lewis said.

Lewis recommended that supervisors take time during meetings to share some personal information about themselves and then encourage others on the team to do the same, in order to strengthen the team. She also suggests that team members take self-assessment tests.



One test she suggested is named after a nine-pointed geometric figure, the enneagram. The test highlights a person's main type of personality and a variant type, from nine types, and can help members of a team understand one another's strengths and weaknesses. The nine types are as follows: perfectionist, achiever, challenger, peacemaker, individualist, observer, enthusiast, investigator and leader.

The Five Dysfunctions of a Team can be overcome, Lewis said. Absence of Trust (1) should be replaced by being vulnerable and honest, which supervisors can be a role model for their teams. Fear of Conflict (2) is avoided by putting the issue on the table and Demanding Debate: allowing individual's opinions to be heard, even though they may not be able to be accommodated.

Lack of Commitment (3) is resolved by forcing clarity and closure. An agreement should be made at the end of a meeting and leaders should be mandated to tell their teams within 24 hours what was agreed upon. Avoidance of Accountability (4) is solved by confronting difficult issues, instead of ignoring them, by using peer to peer accountability, which is often stronger than leader to team accountability.

And, lastly, Inattention to Results (5) is replaced with a focus on collective outcomes when goals and results are made public, quantified and made real, Lewis said.

“Most people don't want to think, ‘something's wrong with my team,’ but (working on) relationships and teambuilding is always beneficial. We have to treat one another with dignity and respect. You don't let enemies know your vulnerabilities, but with your team you have to,” Lewis said.

To take a free, online enneagram test, go to <http://similarminds.com/test.html>.

## WW II Veterans Honored in Walsenburg

**by James Mallette**

*Vice Chairman of Mountain Post Chapter of the Noncommissioned Officers Association*

World War II Legacy Medallions were presented May 27 to 35 veterans,

residents of the Colorado State Veterans Nursing Home, in Walsenburg, from the Mountain Post Chapter of the Noncommissioned Officers Association. The ceremony was setup by Ed Sommerfield, trustee on the board of directors for the Mountain

Post NCOA Chapter, and a World War II veteran, and Stacy A. Doub, director of marketing for the Colorado State Veterans Nursing Home.

Director of the facility, Jim Murphy, had arranged for a small ceremony to recognize these great Americans. Murphy invited the family and friends of the veterans to attend the ceremony.

The ceremony included the playing of the national anthem and the pledge of allegiance. After the director read the president's Memorial Day message, Sommerfield was introduced and the ceremony began. The Fort Carson Sergeant Audie Murphy Club President, Sergeant First Class Mark Tymon made the Medallion presentations for the Mountain Post Chapter.

The oldest recipient at the ceremony was 107 years old. Many family members and friends were present for the ceremony. Some of the veterans were mobile and could walk, others were mobile in their wheel chairs, while others required assistance from local volunteers. This was the largest Legacy Medallion

Ceremony conducted by the Mountain Post Chapter.

The Legacy Medallion is designed to be a keepsake that can be passed from "The Greatest Generation" to subsequent generations. In addition to receiving a gold medallion, each WW II veteran also received a Legacy Statement. The Legacy Statement gives a brief, powerful and emotional account of a WW II veteran's experience during the war. During and after the ceremony, many of the medallion recipients had ear-to-ear smiles or tears as they recalled their own war experiences.

This was the second World War II Legacy Medallion ceremony conducted by the Mountain Post Chapter. The first ceremony recognized five WW II veterans. The Mountain Post Chapter's final Legacy Medallion ceremony will be held at the Colorado State Veterans Nursing Home to recognize 28 other WWII veterans who reside in the home.

These medallion ceremonies would not be possible without the support of the Mountain Post Chapter's volunteers. In 2006, the Mountain Post Chapter amassed more than 3,900 volunteer hours supporting the Fort Carson and Colorado Springs Communities.



**Courtesy Photo**

*Fort Carson Sergeant Audie Murphy Club President, Sergeant First Class Mark Tymon, made the Legacy Medallion presentations to World War II veterans, living in the Colorado State Veterans Nursing Home in Walsenburg May 27.*



Photo by Spc. Paul J. Harris

## Treats for sale

*Spc. Andrew Naef, fire support specialist, Headquarters and Headquarters Troop, 3rd Brigade Combat Team, 4th Infantry Division, donates to the boot for the Fort Carson Fire and Emergency Services bake sale. Heather Fox, center, firefighter, and Emily Robinette, left, age 10, staff the table at the post exchange. The bake sale raised more than \$2,000 for the Fort Carson fire department largely due to donations from Soldiers and the Fort Carson community.*

## Videos

From Page 8

community to what military children go through during a deployment.

“Families will order it and use it individually. Family resource groups will adopt it as a standard to use to help children understand their feelings with deployment. I hope it will get good media coverage too, so the community will know that military families will definitely benefit from more support,” he said.

Sesame Street Workshop developed the Elmo video for preschoolers with a monetary grant from Wal-Mart, and with Col. Stephen Cozza of the Walter Reed Army Medical Center psychiatry department as an advisor. The Elmo video and supporting materials are available free of charge to schools, child-care programs, family support groups and other organizations serving the needs of military families.

Patrin and Lemmon are conducting a formal research project at Fort Stewart, Ga., to document use of their videos and what benefits they may have for families. Volunteer families complete questionnaires before and after viewing, with follow-ups two and six months later to see how the children are doing with the video in hand during their family’s deployment experience. Additional feedback is planned by asking viewers to access and download the videos from the AMEDD Center and School Deployment Web site to be operational soon.

One question, however, remains unanswered: what exactly is the orange-brown, long-snouted Mr. Poe? Is he a dinosaur? A lizard?

“He’s a critter,” said Patrin, with a smile.

**(Editors note:** Fort Sam Houston News Leader contributed to this article.)

Community briefs

Miscellaneous

**3rd BCT town hall meeting and organizational day** — The 3rd Brigade Combat Team will have a town hall meeting at McMahon Auditorium Thursday, from 6-8 p.m. The meeting is open to all Soldiers and Families of the 3rd BCT.

The 3rd BCT's Organizational Day is Friday, from 10 a.m.-3 p.m at Ironhorse Park. All Soldiers, Families and friends of the brigade are invited to attend. The event includes activities for children and competitive sporting events for adults. Food and drinks will be provided.

**Exceptional Family Member Program workshop: School Advocacy 101** — Army Community Service will host two workshops this summer to assist families with children with special needs. The workshops will be at ACS's Family Readiness Center, building 1526, July 18 from 9 a.m.-noon or Aug. 15 from 6:30-9:30 p.m.

Registration deadline for the July 18 workshop is July 11 and is Aug. 8 for the Aug. 15 workshop. Information about being an advocate for your child or children will be provided, including: special education laws, rights and responsibilities; Colorado special education process; tactics and strategies for effective advocacy; and available community services and support.

Seating is limited; to register or for more information call ACS at 526-4590.

**National Military Family Association's Family Award** — is given to 12 servicemember families that exemplify the best of the military family lifestyle. Each month, one winning family will receive \$500 and a \$250 donation to the charity of its choice.

In June, one family from the previous 12 months is chosen as Family of the Year, which includes \$1,000, a trip to Washington, D.C., a reception with key military leaders and program sponsors, and \$500 to the charity of its choice.

Eligible families include: active duty, reserve or retired components or families of servicemembers injured in the line of duty within the past three years, even if the servicemember has since been discharged.

Anyone can nominate; only online nominations will be accepted. For more information or to nominate a family go to [www.nmfa.org](http://www.nmfa.org) and click on the blue NMFA Family Award icon on the right side of the home page.

**Education Center parking lot construction** — started Wednesday, south of building 1117, at the northwest corner of Specker Avenue and Ellis Street. Repairs will continue until mid-July.

**Job openings** — Fountain-Fort Carson School District 8 has job openings for food service workers for 2007/2008. Call 382-1334 or apply in person at 11355 Old Pueblo Road, Fountain.

**Peterson Air Force Base** — The main, north gate, off Highway 24, is closed weekends and holidays. Use the east gate, off Marksheffel Drive, or the west gate, off South Powers Boulevard, to access the new base exchange.

**Donated annual leave needed for Fort Carson civilian employees** — May Harris, Army Community Service, and Barbara Dowling, Directorate of Information Management, had medical emergencies

and have exhausted all available leave.

Harris and Dowling have been accepted in the Voluntary Leave Transfer Program. To donate annual leave, call or e-mail Connie Griffin, Garrison Resource Management, at 526-1839 or [Connie.Griffin1@us.army.mil](mailto:Connie.Griffin1@us.army.mil) to obtain form OF-630A: "Request to Donate Annual Leave." Griffin's fax number is 526-1838.

**Neuro Support Group** — Head-Way is a support group of independent adults who have experienced a neurological event (traumatic brain injury, cerebral vascular accident, tumors, etc.) and meet to socialize. Head-Way meets Wednesdays, from 11 a.m.-1 p.m. at Fargo's Pizza Co., 2910 E. Platte Ave. For more information call Valerie Gardner with Memorial Hospital Adult Rehabilitation at 365-1264.

**Community Fair at McKibben Physical Fitness Center** — is today, starting at 10 a.m for 4th Infantry Division Soldiers and Families and from 1-6 p.m. for all others. This event will showcase what is available at Fort Carson and in the surrounding community. Some of the vendors to attend include: Colorado Springs, Pueblo and Fountain city services and activities; Better Opportunities for Single Soldiers; Child and Youth Services; outdoor recreation; Turkey Creek recreation; Army Community Service; employment opportunities; medical/dental services; veterinarian services; vehicle registration, GMH Military Housing; Boy Scouts and Girl Scouts and other clubs on-post; YMCA; park and recreation services; and school liaison for school registration.

**Military Spouses Support Group** — meets Tuesdays from 2:30-4 p.m. at Evans Army Community Hospital, fourth floor, room 4846.

Learn more about: communication difficulties, coping with a spouse's mental health issues, coping with loneliness, combat stress and post-traumatic stress disorder, readjustment issues, single parenting, depression, stress, anxiety and other hardships. For more information call Dr. Jacqueline Delano at 526-7013.

**Annual Fort Carson mayors' yard sale** — will be the first and third Saturday of each month from April-December, between 9 a.m.-3 p.m. On-post residents may set up in front of their homes.

Single Soldiers and off-post active or retired Soldiers and their families may set up in the Beacon Elementary School parking lot. For information on yard sale guidelines, contact your mayor or deputy mayor or Mayoral Program Coordinator Joey Bautista at 526-4590/1049.

**Deployment Support Group** — Are you feeling lonely, anxious or fearful about this deployment? Join this group of caring spouses. To register call Army Community Service at 526-4590. Free child care is available for registered children. The support group meets Tuesdays from 1-2:30 p.m. and Thursdays from 6-8 p.m. at the Family University, building 1161.

**Alcoholics Anonymous meetings** — are held each Wednesday from 7-8 p.m. at the Colorado Inn, corner of Sheridan Avenue and Woodfill Road, building 7301, room 203. Call 322-9766 or 471-1625 for more information.

**Ongoing road closures** — Questions about the closure or disruption of traffic along Butts Road can be addressed to Fort Carson's Directorate of

Spouse  
Battlemind  
Training



Helping You and Your  
Family Prepare for  
Deployment

Every 2nd Tuesday 1300  
to 1500 ACS Bldg 1526

10 July  
14 August  
11 September  
9 October  
12 November

Army Community Service (ACS), 1161 Woodfill Road, Building 1161, Fort Carson, Colorado 80113-1401  
TEL: (719) 526-4590 • FAX: (719) 526-4591 • TDD: (719) 526-4592 • TTY: (719) 526-4593 • TSO: (719) 526-4594 • TSP: (719) 526-4595 • TSW: (719) 526-4596 • TSW: (719) 526-4597 • TSW: (719) 526-4598 • TSW: (719) 526-4599 • TSW: (719) 526-4600 • TSW: (719) 526-4601 • TSW: (719) 526-4602 • TSW: (719) 526-4603 • TSW: (719) 526-4604 • TSW: (719) 526-4605 • TSW: (719) 526-4606 • TSW: (719) 526-4607 • TSW: (719) 526-4608 • TSW: (719) 526-4609 • TSW: (719) 526-4610 • TSW: (719) 526-4611 • TSW: (719) 526-4612 • TSW: (719) 526-4613 • TSW: (719) 526-4614 • TSW: (719) 526-4615 • TSW: (719) 526-4616 • TSW: (719) 526-4617 • TSW: (719) 526-4618 • TSW: (719) 526-4619 • TSW: (719) 526-4620 • TSW: (719) 526-4621 • TSW: (719) 526-4622 • TSW: (719) 526-4623 • TSW: (719) 526-4624 • TSW: (719) 526-4625 • TSW: (719) 526-4626 • TSW: (719) 526-4627 • TSW: (719) 526-4628 • TSW: (719) 526-4629 • TSW: (719) 526-4630 • TSW: (719) 526-4631 • TSW: (719) 526-4632 • TSW: (719) 526-4633 • TSW: (719) 526-4634 • TSW: (719) 526-4635 • TSW: (719) 526-4636 • TSW: (719) 526-4637 • TSW: (719) 526-4638 • TSW: (719) 526-4639 • TSW: (719) 526-4640 • TSW: (719) 526-4641 • TSW: (719) 526-4642 • TSW: (719) 526-4643 • TSW: (719) 526-4644 • TSW: (719) 526-4645 • TSW: (719) 526-4646 • TSW: (719) 526-4647 • TSW: (719) 526-4648 • TSW: (719) 526-4649 • TSW: (719) 526-4650 • TSW: (719) 526-4651 • TSW: (719) 526-4652 • TSW: (719) 526-4653 • TSW: (719) 526-4654 • TSW: (719) 526-4655 • TSW: (719) 526-4656 • TSW: (719) 526-4657 • TSW: (719) 526-4658 • TSW: (719) 526-4659 • TSW: (719) 526-4660 • TSW: (719) 526-4661 • TSW: (719) 526-4662 • TSW: (719) 526-4663 • TSW: (719) 526-4664 • TSW: (719) 526-4665 • TSW: (719) 526-4666 • TSW: (719) 526-4667 • TSW: (719) 526-4668 • TSW: (719) 526-4669 • TSW: (719) 526-4670 • TSW: (719) 526-4671 • TSW: (719) 526-4672 • TSW: (719) 526-4673 • TSW: (719) 526-4674 • TSW: (719) 526-4675 • TSW: (719) 526-4676 • TSW: (719) 526-4677 • TSW: (719) 526-4678 • TSW: (719) 526-4679 • TSW: (719) 526-4680 • TSW: (719) 526-4681 • TSW: (719) 526-4682 • TSW: (719) 526-4683 • TSW: (719) 526-4684 • TSW: (719) 526-4685 • TSW: (719) 526-4686 • TSW: (719) 526-4687 • TSW: (719) 526-4688 • TSW: (719) 526-4689 • TSW: (719) 526-4690 • TSW: (719) 526-4691 • TSW: (719) 526-4692 • TSW: (719) 526-4693 • TSW: (719) 526-4694 • TSW: (719) 526-4695 • TSW: (719) 526-4696 • TSW: (719) 526-4697 • TSW: (719) 526-4698 • TSW: (719) 526-4699 • TSW: (719) 526-4700 • TSW: (719) 526-4701 • TSW: (719) 526-4702 • TSW: (719) 526-4703 • TSW: (719) 526-4704 • TSW: (719) 526-4705 • TSW: (719) 526-4706 • TSW: (719) 526-4707 • TSW: (719) 526-4708 • TSW: (719) 526-4709 • TSW: (719) 526-4710 • TSW: (719) 526-4711 • TSW: (719) 526-4712 • TSW: (719) 526-4713 • TSW: (719) 526-4714 • TSW: (719) 526-4715 • TSW: (719) 526-4716 • TSW: (719) 526-4717 • TSW: (719) 526-4718 • TSW: (719) 526-4719 • TSW: (719) 526-4720 • TSW: (719) 526-4721 • TSW: (719) 526-4722 • TSW: (719) 526-4723 • TSW: (719) 526-4724 • TSW: (719) 526-4725 • TSW: (719) 526-4726 • TSW: (719) 526-4727 • TSW: (719) 526-4728 • TSW: (719) 526-4729 • TSW: (719) 526-4730 • TSW: (719) 526-4731 • TSW: (719) 526-4732 • TSW: (719) 526-4733 • TSW: (719) 526-4734 • TSW: (719) 526-4735 • TSW: (719) 526-4736 • TSW: (719) 526-4737 • TSW: (719) 526-4738 • TSW: (719) 526-4739 • TSW: (719) 526-4740 • TSW: (719) 526-4741 • TSW: (719) 526-4742 • TSW: (719) 526-4743 • TSW: (719) 526-4744 • TSW: (719) 526-4745 • TSW: (719) 526-4746 • TSW: (719) 526-4747 • TSW: (719) 526-4748 • TSW: (719) 526-4749 • TSW: (719) 526-4750 • TSW: (719) 526-4751 • TSW: (719) 526-4752 • TSW: (719) 526-4753 • TSW: (719) 526-4754 • TSW: (719) 526-4755 • TSW: (719) 526-4756 • TSW: (719) 526-4757 • TSW: (719) 526-4758 • TSW: (719) 526-4759 • TSW: (719) 526-4760 • TSW: (719) 526-4761 • TSW: (719) 526-4762 • TSW: (719) 526-4763 • TSW: (719) 526-4764 • TSW: (719) 526-4765 • TSW: (719) 526-4766 • TSW: (719) 526-4767 • TSW: (719) 526-4768 • TSW: (719) 526-4769 • TSW: (719) 526-4770 • TSW: (719) 526-4771 • TSW: (719) 526-4772 • TSW: (719) 526-4773 • TSW: (719) 526-4774 • TSW: (719) 526-4775 • TSW: (719) 526-4776 • TSW: (719) 526-4777 • TSW: (719) 526-4778 • TSW: (719) 526-4779 • TSW: (719) 526-4780 • TSW: (719) 526-4781 • TSW: (719) 526-4782 • TSW: (719) 526-4783 • TSW: (719) 526-4784 • TSW: (719) 526-4785 • TSW: (719) 526-4786 • TSW: (719) 526-4787 • TSW: (719) 526-4788 • TSW: (719) 526-4789 • TSW: (719) 526-4790 • TSW: (719) 526-4791 • TSW: (719) 526-4792 • TSW: (719) 526-4793 • TSW: (719) 526-4794 • TSW: (719) 526-4795 • TSW: (719) 526-4796 • TSW: (719) 526-4797 • TSW: (719) 526-4798 • TSW: (719) 526-4799 • TSW: (719) 526-4800 • TSW: (719) 526-4801 • TSW: (719) 526-4802 • TSW: (719) 526-4803 • TSW: (719) 526-4804 • TSW: (719) 526-4805 • TSW: (719) 526-4806 • TSW: (719) 526-4807 • TSW: (719) 526-4808 • TSW: (719) 526-4809 • TSW: (719) 526-4810 • TSW: (719) 526-4811 • TSW: (719) 526-4812 • TSW: (719) 526-4813 • TSW: (719) 526-4814 • TSW: (719) 526-4815 • TSW: (719) 526-4816 • TSW: (719) 526-4817 • TSW: (719) 526-4818 • TSW: (719) 526-4819 • TSW: (719) 526-4820 • TSW: (719) 526-4821 • TSW: (719) 526-4822 • TSW: (719) 526-4823 • TSW: (719) 526-4824 • TSW: (719) 526-4825 • TSW: (719) 526-4826 • TSW: (719) 526-4827 • TSW: (719) 526-4828 • TSW: (719) 526-4829 • TSW: (719) 526-4830 • TSW: (719) 526-4831 • TSW: (719) 526-4832 • TSW: (719) 526-4833 • TSW: (719) 526-4834 • TSW: (719) 526-4835 • TSW: (719) 526-4836 • TSW: (719) 526-4837 • TSW: (719) 526-4838 • TSW: (719) 526-4839 • TSW: (719) 526-4840 • TSW: (719) 526-4841 • TSW: (719) 526-4842 • TSW: (719) 526-4843 • TSW: (719) 526-4844 • TSW: (719) 526-4845 • TSW: (719) 526-4846 • TSW: (719) 526-4847 • TSW: (719) 526-4848 • TSW: (719) 526-4849 • TSW: (719) 526-4850 • TSW: (719) 526-4851 • TSW: (719) 526-4852 • TSW: (719) 526-4853 • TSW: (719) 526-4854 • TSW: (719) 526-4855 • TSW: (719) 526-4856 • TSW: (719) 526-4857 • TSW: (719) 526-4858 • TSW: (719) 526-4859 • TSW: (719) 526-4860 • TSW: (719) 526-4861 • TSW: (719) 526-4862 • TSW: (719) 526-4863 • TSW: (719) 526-4864 • TSW: (719) 526-4865 • TSW: (719) 526-4866 • TSW: (719) 526-4867 • TSW: (719) 526-4868 • TSW: (719) 526-4869 • TSW: (719) 526-4870 • TSW: (719) 526-4871 • TSW: (719) 526-4872 • TSW: (719) 526-4873 • TSW: (719) 526-4874 • TSW: (719) 526-4875 • TSW: (719) 526-4876 • TSW: (719) 526-4877 • TSW: (719) 526-4878 • TSW: (719) 526-4879 • TSW: (719) 526-4880 • TSW: (719) 526-4881 • TSW: (719) 526-4882 • TSW: (719) 526-4883 • TSW: (719) 526-4884 • TSW: (719) 526-4885 • TSW: (719) 526-4886 • TSW: (719) 526-4887 • TSW: (719) 526-4888 • TSW: (719) 526-4889 • TSW: (719) 526-4890 • TSW: (719) 526-4891 • TSW: (719) 526-4892 • TSW: (719) 526-4893 • TSW: (719) 526-4894 • TSW: (719) 526-4895 • TSW: (719) 526-4896 • TSW: (719) 526-4897 • TSW: (719) 526-4898 • TSW: (719) 526-4899 • TSW: (719) 526-4900 • TSW: (719) 526-4901 • TSW: (719) 526-4902 • TSW: (719) 526-4903 • TSW: (719) 526-4904 • TSW: (719) 526-4905 • TSW: (719) 526-4906 • TSW: (719) 526-4907 • TSW: (719) 526-4908 • TSW: (719) 526-4909 • TSW: (719) 526-4910 • TSW: (719) 526-4911 • TSW: (719) 526-4912 • TSW: (719) 526-4913 • TSW: (719) 526-4914 • TSW: (719) 526-4915 • TSW: (719) 526-4916 • TSW: (719) 526-4917 • TSW: (719) 526-4918 • TSW: (719) 526-4919 • TSW: (719) 526-4920 • TSW: (719) 526-4921 • TSW: (719) 526-4922 • TSW: (719) 526-4923 • TSW: (719) 526-4924 • TSW: (719) 526-4925 • TSW: (719) 526-4926 • TSW: (719) 526-4927 • TSW: (719) 526-4928 • TSW: (719) 526-4929 • TSW: (719) 526-4930 • TSW: (719) 526-4931 • TSW: (719) 526-4932 • TSW: (719) 526-4933 • TSW: (719) 526-4934 • TSW: (719) 526-4935 • TSW: (719) 526-4936 • TSW: (719) 526-4937 • TSW: (719) 526-4938 • TSW: (719) 526-4939 • TSW: (719) 526-4940 • TSW: (719) 526-4941 • TSW: (719) 526-4942 • TSW: (719) 526-4943 • TSW: (719) 526-4944 • TSW: (719) 526-4945 • TSW: (719) 526-4946 • TSW: (719) 526-4947 • TSW: (719) 526-4948 • TSW: (719) 526-4949 • TSW: (719) 526-4950 • TSW: (719) 526-4951 • TSW: (719) 526-4952 • TSW: (719) 526-4953 • TSW: (719) 526-4954 • TSW: (719) 526-4955 • TSW: (719) 526-4956 • TSW: (719) 526-4957 • TSW: (719) 526-4958 • TSW: (719) 526-4959 • TSW: (719) 526-4960 • TSW: (719) 526-4961 • TSW: (719) 526-4962 • TSW: (719) 526-4963 • TSW: (719) 526-4964 • TSW: (719) 526-4965 • TSW: (719) 526-4966 • TSW: (719) 526-4967 • TSW: (719) 526-4968 • TSW: (719) 526-4969 • TSW: (719) 526-4970 • TSW: (719) 526-4971 • TSW: (719) 526-4972 • TSW: (719) 526-4973 • TSW: (719) 526-4974 • TSW: (719) 526-4975 • TSW: (719) 526-4976 • TSW: (719) 526-4977 • TSW: (719) 526-4978 • TSW: (719) 526-4979 • TSW: (719) 526-4980 • TSW: (719) 526-4981 • TSW: (719) 526-4982 • TSW: (719) 526-4983 • TSW: (719) 526-4984 • TSW: (719) 526-4985 • TSW: (719) 526-4986 • TSW: (719) 526-4987 • TSW: (719) 526-4988 • TSW: (719) 526-4989 • TSW: (719) 526-4990 • TSW: (719) 526-4991 • TSW: (719) 526-4992 • TSW: (719) 526-4993 • TSW: (719) 526-4994 • TSW: (719) 526-4995 • TSW: (719) 526-4996 • TSW: (719) 526-4997 • TSW: (719) 526-4998 • TSW: (719) 526-4999 • TSW: (719) 526-5000 • TSW: (719) 526-5001 • TSW: (719) 526-5002 • TSW: (719) 526-5003 • TSW: (719) 526-5004 • TSW: (719) 526-5005 • TSW: (719) 526-5006 • TSW: (719) 526-5007 • TSW: (719) 526-5008 • TSW: (719) 526-5009 • TSW: (719) 526-5010 • TSW: (719) 526-5011 • TSW: (719) 526-5012 • TSW: (719) 526-5013 • TSW: (719) 526-5014 • TSW: (719) 526-5015 • TSW: (719) 526-5016 • TSW: (719) 526-5017 • TSW: (719) 526-5018 • TSW: (719) 526-5019 • TSW: (719) 526-5020 • TSW: (719) 526-5021 • TSW: (719) 526-5022 • TSW: (719) 526-5023 • TSW: (719) 526-5024 • TSW: (719) 526-5025 • TSW: (719) 526-5026 • TSW: (719) 526-5027 • TSW: (719) 526-5028 • TSW: (719) 526-5029 • TSW: (719) 526-5030 • TSW: (719) 526-5031 • TSW: (719) 526-5032 • TSW: (719) 526-5033 • TSW: (719) 526-5034 • TSW: (719) 526-5035 • TSW: (719) 526-5036 • TSW: (719) 526-5037 • TSW: (719) 526-5038 • TSW: (719) 526-5039 • TSW: (719) 526-5040 • TSW: (719) 526-5041 • TSW: (719) 526-5042 • TSW: (719) 526-5043 • TSW: (719) 526-5044 • TSW: (719) 526-5045 • TSW: (719) 526-5046 • TSW: (719) 526-5047 • TSW: (719) 526-5048 • TSW: (719) 526-5049 • TSW: (719) 526-5050 • TSW: (719) 526-5051 • TSW: (719) 526-5052 • TSW: (719) 526-5053 • TSW: (719) 526-5054 • TSW: (719) 526-5055 • TSW: (719) 526-5056 • TSW: (719) 526-5057 • TSW: (719) 526-5058 • TSW: (719) 526-5059 • TSW: (719) 526-5060 • TSW: (719) 526-5061 • TSW: (719) 526-5062 • TSW: (719) 526-5063 • TSW: (719) 526-5064 • TSW: (719) 526-5065 • TSW: (719) 526-5066 • TSW: (719) 526-5067 • TSW: (719) 526-5068 • TSW: (719) 526-5069 • TSW: (719) 526-5070 • TSW: (719) 526-5071 • TSW: (719) 526-5072 • TSW: (719) 526-5073 • TSW: (719) 526-5074 • TSW: (719) 526-5075 • TSW: (719) 526-5076 • TSW: (719) 526-5077 • TSW: (719) 526-5078 • TSW: (719) 526-5079 • TSW: (719) 526-5080 • TSW: (719) 526-5081 • TSW: (719) 526-5082 • TSW: (719) 526-5083 • TSW: (719) 526-5084 • TSW: (719) 526-5085 • TSW: (719) 526-5086 • TSW: (719) 526-5087 • TSW: (719) 526-5088 • TSW: (719) 526-5089 • TSW: (719) 526-5090 • TSW: (719) 526-5091 • TSW: (719) 526-5092 • TSW: (719) 526-5093 • TSW: (719) 526-5094 • TSW: (719) 526-5095 • TSW: (719) 526-5096 • TSW: (719) 526-5097 • TSW: (719) 526-5098 • TSW: (719) 526-5099 • TSW: (719) 526-5100 • TSW: (719) 526-5101 • TSW: (719) 526-5102 • TSW: (719) 526-5103 • TSW: (719) 526-5104 • TSW: (719) 526-5105 • TSW: (719) 526-5106 • TSW: (719) 526-5107 • TSW: (719) 526-5108 • TSW: (719) 526-5109 • TSW: (719) 526-5110 • TSW: (719) 526-5111 • TSW: (719) 526-5112 • TSW: (719) 526-5113 • TSW: (719) 526-5114 • TSW: (719) 526-5115 • TSW: (719) 526-5116 • TSW: (719) 526-5117 • TSW: (719) 526-5118 • TSW: (719) 526-5119 • TSW: (719) 526-5120 • TSW: (719) 526-5121 • TSW: (719) 526-5122 • TSW: (719) 526-5123 • TSW: (719) 52

# Neighborhood Watch wants you

by **Michael J. Pach**

*Mountaineer staff*

The Fort Carson Provost Marshal's Office is implementing the Neighborhood Watch program throughout post. The intent of the program is to make on-post residents feel safer, improve their quality of life and strengthen individual community cohesiveness.

The watch program teaches community members crime-prevention techniques, methods for making their homes more secure and how to recognize and report suspicious activity in order to reduce the risk of becoming a victim of a crime.

Neighborhood Watch also allows neighbors to get to know each other better, while creating a

cohesive body of concerned citizens who become the eyes and ears of law enforcement, thus reducing crime in communities.

Neighborhood Watch is neither a vigilante force nor a program designed for participants to take risks in fighting crime. It is not a 100-percent guarantee that crime will not occur in a neighborhood, but it is a way to let criminals know that citizens in that community are taking a proactive stance against crime.

A watch group typically consists of 10-12 houses, but how many are involved is decided by the neighbors in a community. Groups are being set up and trained by the Fort Carson Police officers at the Community Oriented Police Section (C.O.P.S.), building 5610A, on Remagen Drive near Ellis Street.

The C.O.P.S. office will hold monthly meetings

and training classes and be responsible for hanging signs, distributing decals and assigning watch coordinators and block captains.

Anyone interested in starting a neighborhood watch group or participating in one can contact his or her village mayor or the C.O.P.S. office at 886-3307.



## Neighborhood Watch benefits

- Citizens are better prepared to respond to suspicious activity.

- Neighbors know how to report suspicious activities and what information will be asked of them.

- Monthly meetings at the C.O.P.S. offices provide greater

access to criminal activity information within your neighborhood.

- You get to know your neighbors.
- Neighborhood Watch signs are posted in your neighborhood.
- Neighborhood Watch stickers are distributed for placement in windows, doors, etc.
- Participants are offered monthly classes at the C.O.P.S. office on ways to decrease the likelihood of becoming a victim of crime.



# Hurry up and wait

**Lorrie Pies**

*Spouse of Chap. (Maj.) Kevin Pies*

*"Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you who acts on behalf of those who wait for Him."*

— **Isaiah 64:4**

Waiting, waiting, waiting ... I didn't know a person could get so tired doing nothing but waiting for doctor appointments, waiting for test results, waiting for healing from cancer. In that waiting, I have found a God who has been teaching me the value of patience, endurance and learning to totally depend on him in my circumstances. As I look back over the past 18 months, God has taught me many things about life.

First, I think I am in control, but really that is laughable. As soon as I figure life out, it changes course like a big ship being turned on a dime by a little rudder. So it is with cancer. My plans for the future have changed. Learning to depend on God for direction while waiting out the cancer treatments. This ship doesn't like to feel lost at sea. I am learning patience with life. What used to be important is not really that big of a deal. Most of what we do in life is questionable with the significance

that it holds in our eyes anyway.

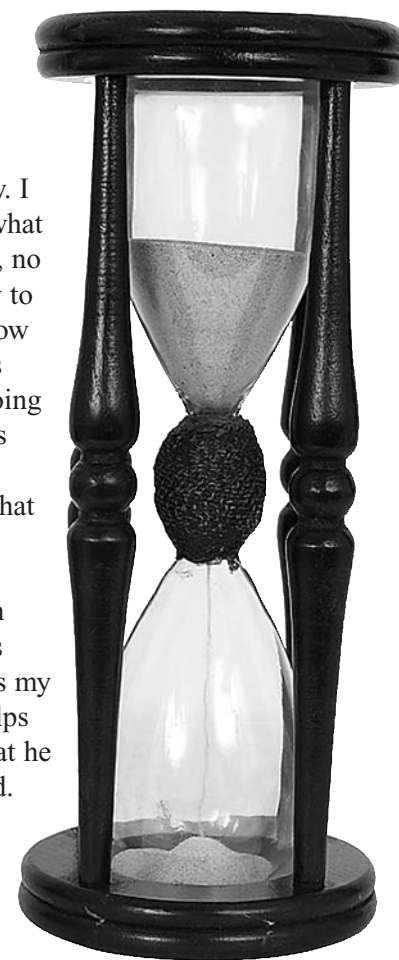
As spouses living through a deployment, this is true too. Now facing 15-month deployments, we know who is in control, and it isn't the family members left behind. Even though this can become a time filled with anger or questions, God is here waiting to help in this very situation which is getting hard to stay patient in.

Second, I have learned endurance. As a military wife, I know many of you are like me. We are women of strength, strong to the task, faithful to finish, at least when life is going the way we think it should. As soon as difficult days approach, we can handle one or two. Like grease on a frying pan, smooth, providing cushion between the pan and the crisp vegetables. Turn the heat up a notch or two and that grease becomes hot, spitting out drops ready to burn anything in close proximity. Learning endurance when life circumstances don't change can make me ready to spit out, "Ok, Lord, enough is enough ..." Somehow, I don't think he has heard me clearly because the heat is still on. It must be that endurance he is shaping in my life. We have all heard the saying, "God will give you only what he knows you can handle." My answer to that is, "I wish he didn't trust me so much!"

Lastly, total dependence on God is my

mantra for today. I am clueless to what the future holds, no matter how I try to work it. I do know a God who does know what is going on. I look to this verse in Isaiah, which tells me that while I wait on God, he is designing a plan for me that goes farther, stretches my thinking and helps me to realize that he is one great God. Matthew Henry, a 17th century theologian, wrote in his commentary on Isaiah so clearly, "When God works some extraordinary deliverance for his people he is said to shine forth, to show himself strong."

Let God show himself to you at this time. If you are waiting on him, he will act and shine forth in your life. The results will be extraordinary.



## Chapel

**Protestant Women of the Chapel** — is on its summer schedule. Meetings will be in Ironhorse Park July 10, July 24 and Aug. 7, from 11 a.m.-1 p.m. Children are welcome. Bring a sack lunch. For information call Jennifer Hinz at 559-5103. Please check the chaplain's page on the Fort Carson Web site for other summer events.

**New Sunday evening Mass** — There will be a Sunday evening Soldiers' Mass at 6 p.m. at Soldiers' Memorial Chapel. This is on a trial basis through Sept. 16.

**AWANA** — is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ and train them to serve him. AWANA on Fort Carson is sponsored by the Fort Carson Chaplain Program.

The Fort Carson AWANA Club has adjourned for the summer. For more information, call Stacy Chapman at 382-3970.

**Native American Sweatlodge** — The sweatlodge was established on Fort Carson about 11 years ago for the primary benefit of military, Family members, civilian personnel and Native Americans. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Anyone interested in attending should contact Charlie Erwin 382-8177, or Zoe Goodblanket at 442-0929 for more information and directions.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/576-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant Communion	Provider	Barkeley & Ellis	Chap. Mitchell/650-8042
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-5973
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Hartz/526-8011
Tuesday	6 p.m.	Adult Bible Study	Soldiers'	Nelson & Martinez	Mr. Love/526-5229
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Lesh/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoaan	Veterans'	Titus	Chap. Lesh/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

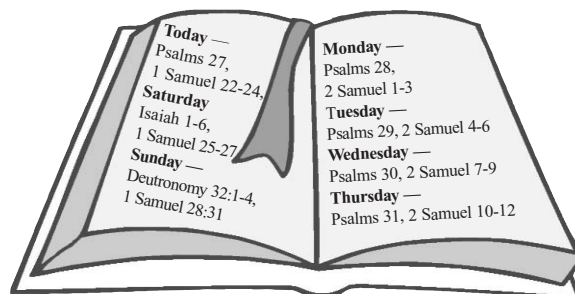
### WICCA

Monday	6:30 p.m.	Building 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
--------	-----------	---	--------------------------

### NATIVE AMERICAN SWEAT LODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer, and are fully sanctioned and supported by the Fort Carson Chaplain Command. Please call the following for information and directions: Charlie Erwin at 382-8177 or [erwincl@msn.com](mailto:erwincl@msn.com); or Zoe Goodblanket at 442-0929. The next ceremony is Sunday at noon.

**Daily Bible readings:** To assist in regular Scripture reading, the following Scriptures are recommended. These Scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



The Army Cycle of Prayer.

Pray this week for the following:

**Unit:** For the Soldiers, families and leaders of the 7th Infantry Division headquartered at Fort Carson.

**Army:** For us as we live out the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

**State:** For all Soldiers and their families from the state of Massachusetts. Pray also for Gov. Deval Patrick, the state legislators and municipal officials of the Old Colony State.

**Nation:** For the many judges of the Circuit Courts in the United States, whose judicial oversight assures that the rule of law guides our nation.

**Religious:** For the Chaplains in the Chaplain Basic Officer Leadership Course at Fort Jackson, S.C., that they shall develop faith, competence and leadership will be in the finest traditions of the Chaplain Corps and United States Army.

**For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com).**

## Face to face

Story and photo by Rebecca E. Tonn, *Mountaineer staff*

*Part 6 of an occasional series on the Youth Services Center staff*

# Braadland serves as role model

Kelli Braadland, program assistant at the Youth Services Center, was born in 1969 and grew up in the suburbs of Minneapolis in a little pink house.

Braadland's family sat at the dinner table each night to talk about the day's events. She was "heavily involved" in Girl Scouts — her favorite part was

cookie-selling, for which she earned a patch, along with babysitting, first aid, sewing and camping.

As a child, she wanted to either take care of children or go into medicine — and, sure enough, she's doing both. Braadland will graduate from IntelliTec Medical Institute with a Bachelor of Science in occupational health in December.

"I want to be that person who goes the extra mile to give individual attention to each patient," she said.

In grade school, she liked math, and in junior high she liked biology and chemistry, having sleepovers with friends and going to basketball games.

During high school, she was a math/science nerd, doing science fair projects: growing mold and hiding it in the fridge, much to her mother's dismay.

*Kelli Braadland, program assistant for Youth Services Center, supervises at the youth center June 7.*

She also worked part-time as a certified nursing assistant, then full-time after graduating in 1987.

Her husband, Staff Sgt. David Braadland, has been active duty since 1993; they married in 1990; their first child, Kyle, was born in 1993.

While at Fort Riley, Kan., from 1994-1999, she was active with Family Readiness Groups, fundraising, planning family and field training days.

The couple's daughter Grace was born in 1998, and from 1999-2002, the family lived on post in Bamberg, Germany, where she started working with Child and Youth Services, providing child care in her home.

In September 2002, her husband was stationed at Fort Carson. The family volunteers in Commanche Village, and Braadland is deputy mayor.

By February 2003, she started working at the youth center. Braadland works before and after school hours, and in between, she works at Carson Middle School. She also attends school from 6-11 p.m., Mondays-Thursdays.

She is co-advisor of the Keystone Club (a high school leadership club) and Smart Girls (a middle school

club), and, of course, she loves working with children and youths.

Smart Girls teaches middle schoolers the way society reflects girls and women and how to navigate in our society, she said.

"Recently, they chose their favorite celebrities by the contributions they make to society, how nice they are and what they've accomplished, not because of their looks. It was great to hear this feedback," she said.

Before leaving the youth center each day, she changes into her school uniform, a set of scrubs. The youths have complimented her for going back to school — for doing as she encourages them to do. Her family is also supportive of her, and she knows her degree will benefit them, too.

During Smart Girls, Braadland encourages the girls to be one another's teaching tools and talk about changes they want to make in their lives.

"I can actually see changes in the girls. They are more comfortable within themselves, not as worried about what their peers think as they used to be. It's a great feeling to know I had something to do with it," she said.



# Smith joins village mayors for quality of living bus ride

**Story and photo by Jennifer Ruzika**

*Fort Carson Public Affairs*

Mayors of Fort Carson housing villages met June 20 with Col. Eugene Smith, Fort Carson garrison commander, in an effort to survey the quality of life within Fort Carson housing areas.

From 9 a.m.-1:30 p.m. the busload of mayors and their deputies pointed out several problems to Smith that needed fixing in order to assure quality of living remains high. The issues were everything from broken fences leading to ditches of debris, to playground equipment needing annual upkeep to a few coyotes finding their way into backyards. The regularly scheduled mayors' meeting ensures that village mayors have the opportunity to voice their concerns to Smith for a better understanding of village issues. After the walkthrough, which was in lieu of the normal office meeting, Smith discussed with mayors the likelihood of the walkthrough being repeated biannually.

The purpose of a village mayor is to serve as the main community liaison in expanding the quality of life for residents within their own communities as well as outside. Mayors are also expected to prepare a monthly newsletter for village residents to inform them of local events or specials offered to Fort Carson residents. A mayor's goal is to help military families help themselves by using a "how to" rather than "to do for" attitude. A main goal in the mayor program is establishing "Pride in the Fort Carson Community."

Kiowa Village Mayor Kris Spiller has been volunteering for four years and will pass the

position on to a peer resident in the coming months to pursue other volunteer work. Spiller does not regret everything, saying that she "accomplished something and did it well." She was able to get five trees planted around her village playground. Among other things, she was able to have several

light poles placed within the recreational area to ensure night time safety.

Any resident of Fort Carson may run for his or her village mayor position, with elections in August. For more information on the mayoral program, please contact Joey Bautista at 526-1082.



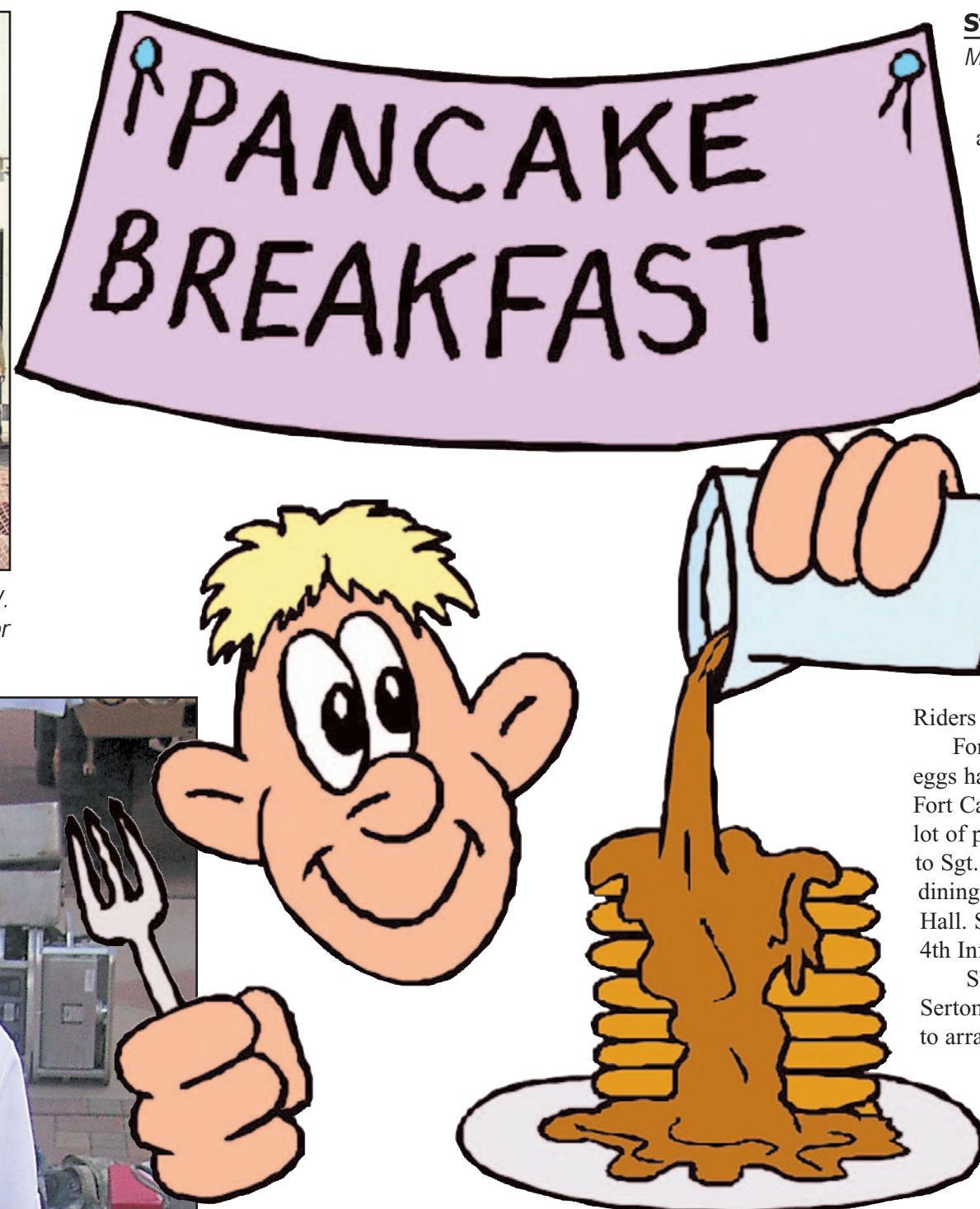
*Choctaw Village mayor Adela Sterns speaks with Fort Carson Garrison Commander Col. Eugene Smith about needed improvements within on-post housing areas.*



Members of the Fort Carson Mounted Color Guard lead the way, followed by Maj. Gen. Robert W. Mixon, commanding general, Division West, First Army and Fort Carson and Command Sgt. Major Terrance McWilliams, Division West, First Army and Fort Carson, and the Range Riders.



Spec. Nekia Willis, a cook with 43rd Area Support Group, cooks pancakes for the crowd at the annual Street Breakfast held in downtown Colorado Springs.



## For 50 years Soldiers have been cookin' pancakes at the Street Breakfast



Soldiers from 360th Transportation Company, 68th Combat Sustainment Support Battalion, 43rd Area Support Group, convoyed to the Street Breakfast site to enjoy pancakes and eggs.

Story and photos by Nel Lampe  
Mountaineer staff

The aroma of pancakes filled the air early June 20 as hundreds of people lined up at serving stations manned by Fort Carson Soldiers. Paper plates were filled with pancakes and scrambled eggs. Another Soldier ladled maple syrup over the hot pancakes. The diner chose coffee, milk or orange juice from a table and headed for an empty straw bale set up on Pikes Peak Avenue, between Nevada Avenue and Tejon Street, during the annual Pikes Peak or Bust Street Pancake Breakfast.

Local citizens, tourists, cowboys, cowgirls, Soldiers and Airmen rubbed shoulders with bankers and business owners. "Chute Nine" provided music for diners as they waited for the Range Riders to start their 57th traditional ride.

For more than 50 years, pancakes and eggs have been cooked up and served by Fort Carson Soldiers. The project took a lot of planning and coordination, according to Sgt. 1st Class Veronica Trueblood, dining facility manager at Warhorse Dining Hall. She is in 2nd Brigade Combat Team, 4th Infantry Division.

She met several times with the Sertoma Club to plan the menu and to arrange logistics.

The Sertoma Club arranged for refrigerated trucks filled with necessary supplies to be at the breakfast site when the Soldiers arrived.

It takes a lot of pancakes and eggs to feed 7,000 hungry diners. According to Trueblood, that's 14,000 eggs and enough pancake mix for 14,000 pancakes — about 1,000 pounds of mix.

Trueblood said 39 cooks and 40 detail Soldiers left Fort Carson at 1:15 a.m. June 20, along with needed equipment to set up a cooking and serving area in the middle of Pikes Peak Avenue. The group took 30 Modern Burner Units, which were used to heat the grills.

The cooks set up the field kitchen, started the coffee, then began making pancakes.

Breakfast was ready at 5:30 a.m. for the Range Riders to be served, then Soldiers began serving pancakes to anyone in line.

To keep up with the crowd, Trueblood said pancakes were also put in a warmer so servers didn't get behind when the lines were long.

The Street Breakfast had been prepared by the 43rd ASG dining hall the past few years, and 10 cooks from 43rd ASG lent their experience and expertise to the breakfast, along with four cooks from the 4th Engineer Battalion and 25 cooks from 2nd BCT. Thirty Soldiers from 2nd BCT and 10 Soldiers from 4th Engineers helped serve and performed other duties during the Street Breakfast.

"The Soldiers wanted to do this (Street Breakfast). It's a great learning experience for some of our new cooks and a refresher for Soldiers who haven't

cooked for awhile," said Trueblood. "It's also good training for the dining facility.

"Soldiers were excited to do something for the community," she said.

About 8 a.m., 160 horses and riders from the Range Riders, led by members of the Fort Carson Mounted Color Guard made their way west on Pikes Peak Avenue. A few special guests, such as Maj. Gen. Robert W. Mixon, commanding general, Division West, First Army and Fort Carson, and Command Sgt. Major Terrance McWilliams, Division West, First Army and Fort Carson, rode off to the cheers of the crowd.

The breakfast, sponsored by Centennial Sertoma Club and the Range Riders, kicked off the rodeo season and the "Range Ride." Breakfast proceeds go to local and Fort Carson charities.



Three-year-old Beau Wade eats pancakes at the June 20 Street Breakfast. His mom Katie read about the breakfast and brought her family to join the fun.



Spec. Carolyn Kettlehut, of 43rd Area Support Group serves eggs to an early morning diner at the Street Breakfast June 20.



"Mr. Green Jellybean" creates balloon animals for children at the Street Breakfast in downtown Colorado Springs June 20.



## Out & About

June 30 - July 6, 2007

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
Visit us at <http://mwr.carson.army.mil>

**FOURTH OF JULY CELEBRATION**  
**A SLICE OF PARADISE**

3 JULY 2007 - 4 P.M. - 10:30 P.M.  
FORT CARSON IRON HORSE PARK

FOR INFO: 526-4494

**THE KIDDE-KONA BEACH**  
PLAY ALL DAY FOR ONLY \$5

- GIANT SLIDES
- CLIMBING TOWER
- INFLATABLES
- BUNGIE TRAMPOLINE

SEE THE SUPERCARS

**LIVE ENTERTAINMENT ON TWO STAGES**

**GILLIGAN'S ISLAND STAGE**  
HOSTED BY GILLIGAN, THE SKIPPER & MARY ANN

**THE BIG ISLAND FAMILY STAGE**  
STEEL DRUM BAND - "PAN JUMBIES"  
FOLLOWED BY "TROPICAL COYOTES"  
FIREWORKS BEGIN AT 9:30 P.M.

ENJOY THE AFTER-HOURS PARTY  
10 P.M. - 10:30 P.M.  
WITH ISLAND ROCK PROVIDED BY "TROPICAL COYOTES"

POLLY WANT A MARGARITA ...

MWR

MILITARY AUTO CONNECTION ON FORT CARSON

Sprint. KBHOME DAWG'S DEN

Stacey Rehak REMIX USAA We know what it means to serve. OAKWOOD HOMES KELLER WILLIAMS

**FREE DINNER AND A MOVIE**  
at the Special Events Center

25 FOOT INFLATABLE SCREEN  
FREE FOOD FROM THE TEXAS ROADHOUSE

MOVIE SCREEN PROVIDED BY: SECURITY SERVICE FEDERAL CREDIT UNION

FOOD PROVIDED BY: TEXAS ROADHOUSE

 5 July	 12 July	 19 July
 26 July	 2 August	 9 August

Fort Carson Special Events Center ~ Dinner served at 5:00 p.m. ~ Movie starts at 7:00 p.m.  
For more information: 526-4494

**Kayak Pool Session**

July 6, July 20 & August 10

Choose from any of these class dates!

If you want to kayak, this is the place to start!  
Learn all about the equipment, basic paddling skills and the kayak roll -- all in the comfort of the heated indoor pool. Once you master these basic skills, you'll be ready for moving water.  
All the equipment is supplied!

\$20 first class; \$15 per class thereafter

At the Indoor Pool 5:00-8:30 pm  
Bldg 1446

For More Info: 526-5198

**T Turkey Creek Ranch**

If you and your family are ready to get in touch with your inner cowboy, or just get away for a relaxing day, look no farther than Fort Carson's Turkey Creek Ranch, just 10 minutes south of Fort Carson's main gate.

Our seasoned wranglers will guide you on trail rides encompassing 1235 acres of varied terrain winding through junipers, oak and pine forests and high plains meadows overlooking the spectacular Rocky Mountains.

Turkey Creek Ranch also offers picnic areas for groups of all sizes, hayrides, camping, riding lessons and more.

Experience the thrill of outdoor fun for the whole family at Turkey Creek.

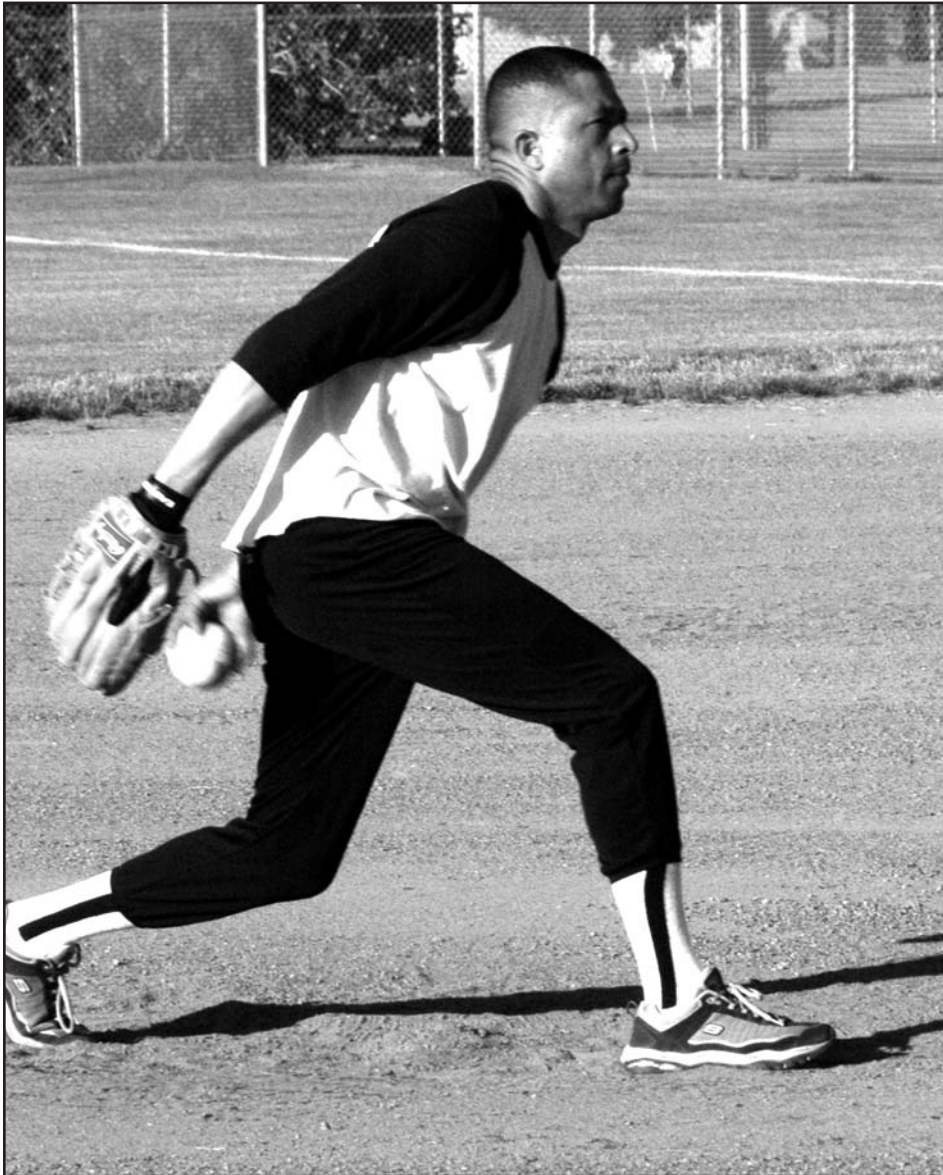
Wednesday - Sunday: 9:00 am - 5:00 pm  
Trail rides head out 5 times a day.

Reservations Recommended

Turkey Creek Ranch Information: (719) 526-3905

# SPORTS & LEISURE

## Engineers battling for top honors



204th Forward Support Battalion, 2nd Brigade Combat Team, 4th Infantry Division Pitcher Raul Montalvo delivers a pitch.

### Story and photos by Walt Johnson

*Mountaineer staff*

If early season results are any indication. E Company, 1st Battalion, 67th Armored Regiment, 2nd Brigade Combat Team, 4th Infantry Division, will be one of the top teams on post as the intramural season, which began Monday, takes shape.

The Echo Company Engineers stood toe-to-toe with some of the best units on post this softball season and for the most part have come out on top. The team brings an impressive blend of youth and experience to the field that many teams will find to be a challenge, according to Juan Falcon, Echo Company coach.

"We have a blend of veterans and a lot of new guys, many who have just joined the military. The new players are playing very well and we are doing a good job this season.

"We have a good all-around team that gets the most out of our abilities. One of our strengths is the way we can hit the ball, but we like our overall team game," Falcon said.

Falcon and his teammates played an impressive game June 19 when they beat the 204th Forward Support Battalion, 2nd BCT, 4th ID team at the Mountain Post Sports Complex. During the contest it was evident that this team

can complete each phase of the game with precision and competence. A number of dazzling defensive plays highlighted the evening and the offensive display by the team was nothing short of amazing. Falcon said his team may not be as talented as others in the league, but no team will out work them on the field.

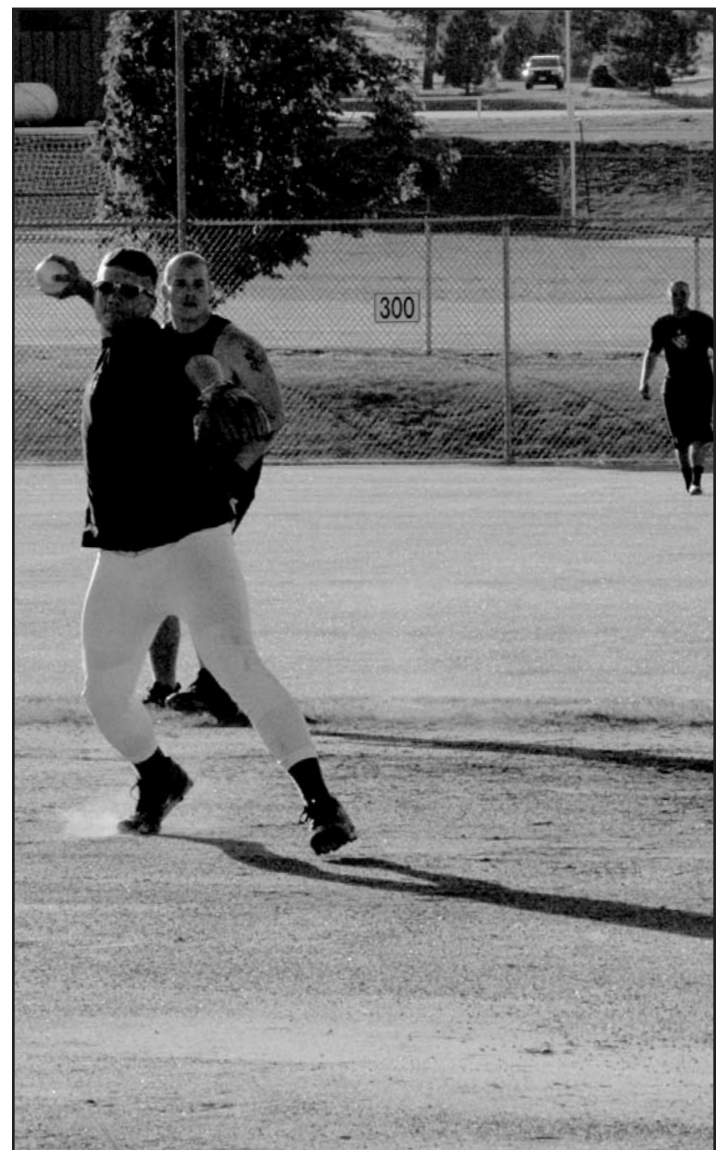
"We have a team that plays with a lot of heart. Our heart is everything to us. Every time we come on the field we are ready to play to 100 percent of our abilities that day. That is the same way we are in the unit; we have a lot of unit cohesion," Falcon said.

Falcon said his team has its sights set very high for the season. He said his team believes it can be a serious contender for the post championship. Judging by its early success, the team is believing in itself in a way that is bringing them confidence that other teams better pay attention to.

"We have seen a lot of the other teams in the intramural league and we have played some good games with them already this year. So far, we have come out on top in most of the games we have played. Hopefully, if everything works out all right for us we can talk about playing for a championship in August. Our goal is to play the best possible softball that we can and bring home a championship for the home (the unit) team," Falcon said.



1st Battalion, 67th Armored Regiment, 2nd Brigade Combat Team, 4th Infantry Division Runner Brandon Tobert slides safely into second base.



1st Battalion, 67th Armored Regiment, 2nd Brigade Combat Team, 4th Infantry Division shortstop James Murray fires to first to complete a play.

## On the Bench

# Veterans 5K scheduled for Falcon Stadium in July

by **Walt Johnson**

*Mountaineer staff*

**Sunday will be a very busy day at Falcon Stadium on the Air Force Academy as the 2007 Computer Sciences Corporation Veterans Home Run 5K Run/1K Walk will be held.**

The day's festivities will begin at 7 a.m. The Veterans run is a patriotic fun run/walk fundraiser in support of the Colorado Veterans Resource Coalition's Crawford House. Crawford House supports veterans in need and is located in downtown Colorado Springs. Please visit [www.pprun.org](http://www.pprun.org) for event and entry details or call Jack Anthony at 205-1741.

**The U.S. Olympic Team Trials will be held at the George R. Brown Convention Center in Houston Aug. 20-26.**

The event will feature 88 of the nation's top amateur boxers, 10 of whom are from Fort Carson. They will vie for 11 coveted Olympic 2007 berths. Representing the Mountain Post at the trials will be: John Franklin, (112 pounds), Alexis Ramos, (119 pounds), James Villa, (132 pounds), Mahlon Kerwick and Boyd Melson, (152 pounds), Zacheus Hardwick, (165 pounds), Christopher Downs, (178 pounds), Joe Guzman, (201 pounds), and William Moore and Andrew Shepherd, who will compete in the super heavyweight category.

Eight boxers will compete in each of the 11 weight divisions at the double elimination tournament, which will determine the U.S. Olympic Team that will compete in Beijing. The 88 U.S. Olympic Team Trials competitors earned berths in the event by advancing to quarterfinal action at the 2007 U.S. Championships held in Colorado Springs recently.

Olympic Team Trials action will kick off with first round action Aug. 20, and conclude with final round competition on August 25 and a second day of final round action, if necessary, on August 26. The victors of the winners' bracket and the challengers' bracket will meet in the final two days of action. The winners' bracket victors will need to win one of the final round bouts to earn a berth on the U.S. Olympic Team.

**Baseball fans will want to know about a special fireworks display that will take place at Coors Field in Denver Tuesday and Wednesday nights when the Rockies host the New York Mets at 6:05 p.m. both nights.**

All military personnel may purchase discounted right field mezzanine and upper reserved outfield tickets for their family and friends. To take advantage of this offer you must call (303) ROCKIES when you are ready to purchase your tickets. State that you are a member

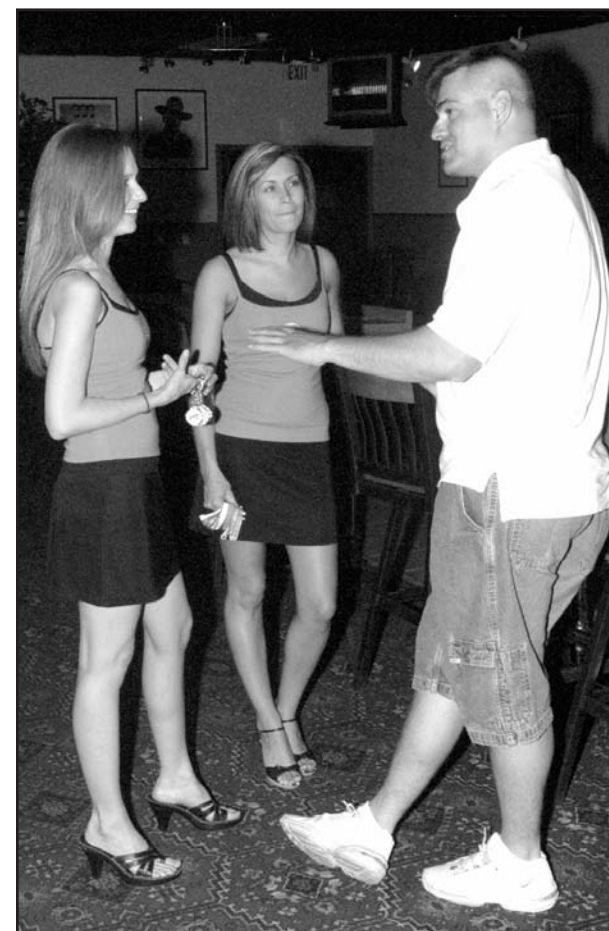


Photo by Walt Johnson

## Miller Girls Visit

*Fort Carson's David Navarez, right, talks to the Miller Lite Girls, Krista Dillinger, left, and Melissa Pickard, during their visit to Fort Carson's Alternate Escapes facility Saturday. The Miller Lite Girls will visit the Mountain Post again July 21 at 9 p.m. at Alternate Escapes.*



Photo by Rebecca E. Tonn

## Take that!

*Soldiers from Company A, 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division play volleyball during an organizational day at Turkey Creek Ranch June 14.*

## Bench

From Page 30

of the military and provide the reference number 741532. Have a credit card ready. You will be given a choice of seat locations: right field mezzanine or upper reserved outfield.

Tickets for these games will only be available for pickup at the Will Call window at Coors Field on Blake Street between 20th and 21st. You will need your picture identification to pick up your tickets at Will Call. This offer is not available if you go to the Will Call window without having placed an order.

**The Opening Ceremony for the 2008 State Games of America, which will be held in Colorado Springs** is drawing closer, Aug. 2, and is going to be an exciting and must-see event according to State Game officials.

Tickets for the ceremony at the World Arena are available but going fast. Athletes will receive free admission to the Opening Ceremony. Spectators can purchase Opening Ceremony tickets, \$10 for adults, \$5 for youth (18 and under) and seniors (55+) by

calling (866) 464-2626 or go to [www.ticketswest.com](http://www.ticketswest.com).

In the tradition of the Olympic Games, the State Games of America will feature an Opening Ceremony at the Colorado Springs World Arena, to celebrate the beginning of the State Games of America weekend. Pre-ceremony festivities and T-shirt pick-up will take place from 4-9 p.m. outside the World Arena. Doors will open at 6 p.m. with the Opening Ceremony program starting at 7 p.m.

**The Fort Carson Lady Mountaineers will continue play in the Colorado Springs softball league July 11 at 8 p.m. at Skyview Sports Complex Field Number two.**

**The 3rd Brigade Combat Team will host an Ironman Competition at 6 a.m., Thursday beginning on Pershing Field.** One male Soldier per 3rd BCT company, and a minimum of one female Soldier per 3rd BCT battalion will participate in the event, consisting of push-ups, sit-ups, a two-mile run, a six-mile road march, and a 100-meter swim. According to 3rd BCT officials, friends and family are welcome to attend.

### ***Mountaineer Sports Feature***

#### **Drive the ball**

*Fort Carson's Nicole Rosales drives a base hit to center field during Lady Mountaineer softball action June 20 at Skyview Sports Complex in Colorado Springs. The Lady Mountaineers dropped a close decision to Shooters. The Lady Mountaineers will be in action July 11 as the league takes a week off to celebrate the nation's Independence Day Wednesday.*



Photo by Walt Johnson

## Mountaineer Athlete of the Week

### David Rayhas

*Sports Position: Intramural softball player*

**How did you get started in sports?**

I didn't play a lot of sports when I was young. I really didn't start playing until I came into the military. I only play softball now; I tried flag football once, but that was too much running.

**What sports did you follow growing up?**

I'm a big NASCAR fan, which is what everyone back home is into. We followed NASCAR a lot and I followed the Steelers a lot when I was a young boy.

**What is your best personal sports moment?**

That actually happened today (June 19) when I was able to catch a pop up while playing catcher. I haven't played a lot so I don't have a lot of great moments.

**What is your best professional sports moment?**

My favorite professional moment was two years ago when the Steelers beat the Seahawks in the Super Bowl. I wasn't even born when the Steelers won the other Super Bowls.

**Whom would you like to speak to in professional sports?**

I would love to be able to speak with Ben Roethlisberger (Steelers quarterback). I would like to talk to him about everyday life and not sports.

**What would you change about sports today?**

If I had my way, I would do away with working and let people play sports all day. I love playing sports. I would make playing sports part of the Army physical training program. In sports you run a lot, so you get your physical training in and you get to work with your combat buddies, so it would be a good thing.



Photo by Walt Johnson



Feeding ducks is a popular activity at the pond in Monument Valley Park.

City founder knew importance of parks to quality of life

A hundred years ago Colorado Springs' founder, Gen. William Palmer, made sure the city he envisioned as a beautiful resort included parks. The original plat of the city included a square block park — then known as North Square; today it is Acacia Park. The park has shuffle boards, large trees, a band shell and Uncle Wilber's Fountain.

Other downtown parks he donated to the city were Antlers Park and Pioneer Square Park. Prospect Lake, Palmer Park, North Cheyenne Cañon and Monument Valley Park are other parks given to the city and its citizens by Palmer. He donated more than 2,000 acres, devoted to parks, pathways and other types of public use.

Three of the city's parks donated by Palmer are 100 years old this year.

One of those 100-year-old parks is Monument Valley Park — two miles of green, running alongside Fountain Creek and Interstate 25. Called "a park for the people," it had gardens, walkways, ponds with bridges over them, playgrounds, a wildflower garden and many varieties

of trees and shrubs.

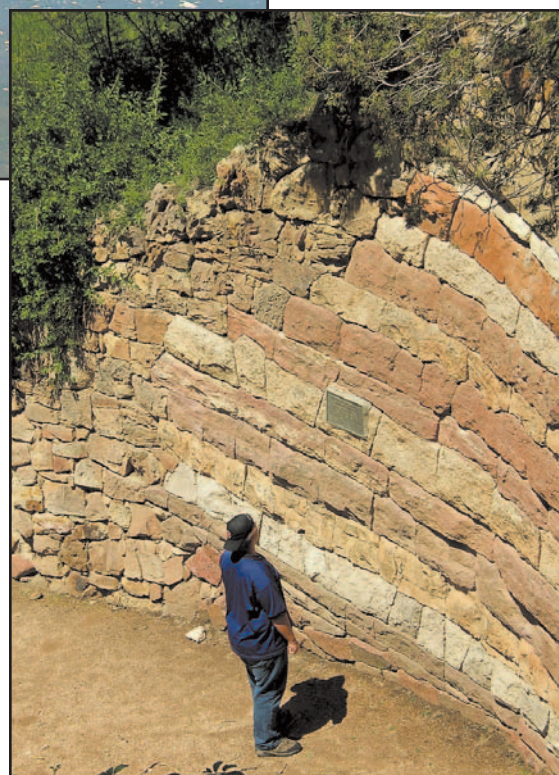
Edmund C. Van Diest, an engineer in Palmer's employ, designed the park. He created gardens, shaded walks, ponds and tennis courts. He built a geologic column in the north part of the park, showing the rock formations of the area. The park was built between 1904 and 1907 and was recently added to the National Register of Historic Places. Palmer wanted a bit of country in the middle of the city, and when completed, Monument Valley Park was one of the nation's finest parks.

The 165-acre park opened with four lakes, ponds, a greenhouse and almost 3,000 trees. Automobiles and horses were banned from the park.

In 1914 the Broadmoor Hotel's builder, Spencer Penrose, built the city's first public swimming pool in Monument Valley Park.

A natural spring was once in the park as well as a waterfall. A massive flood in 1935 destroyed a pavilion, and several gardens and walkways.

Although the park was renovated,



A geographic column in Monument Valley Park shows the area's earth layers.

not all features were replaced.

Monument Valley Park is still a beautiful park. Wide sidewalks and walking paths invite strollers, joggers and bicycle riders. Tennis courts are near the parking lot, and there's that outdoor swimming pool, which is open in summer.

The park is open from 5 a.m.-9 p.m., from November to May. The rest of the year it is open from 5 a.m.-11 p.m.

See **Parks** on Page 36



Palmer Park is very popular with runners and hikers.



Palmer Park has dozens of picnic areas and scenic views.



Places to see in the Pikes Peak area.

June 29, 2007

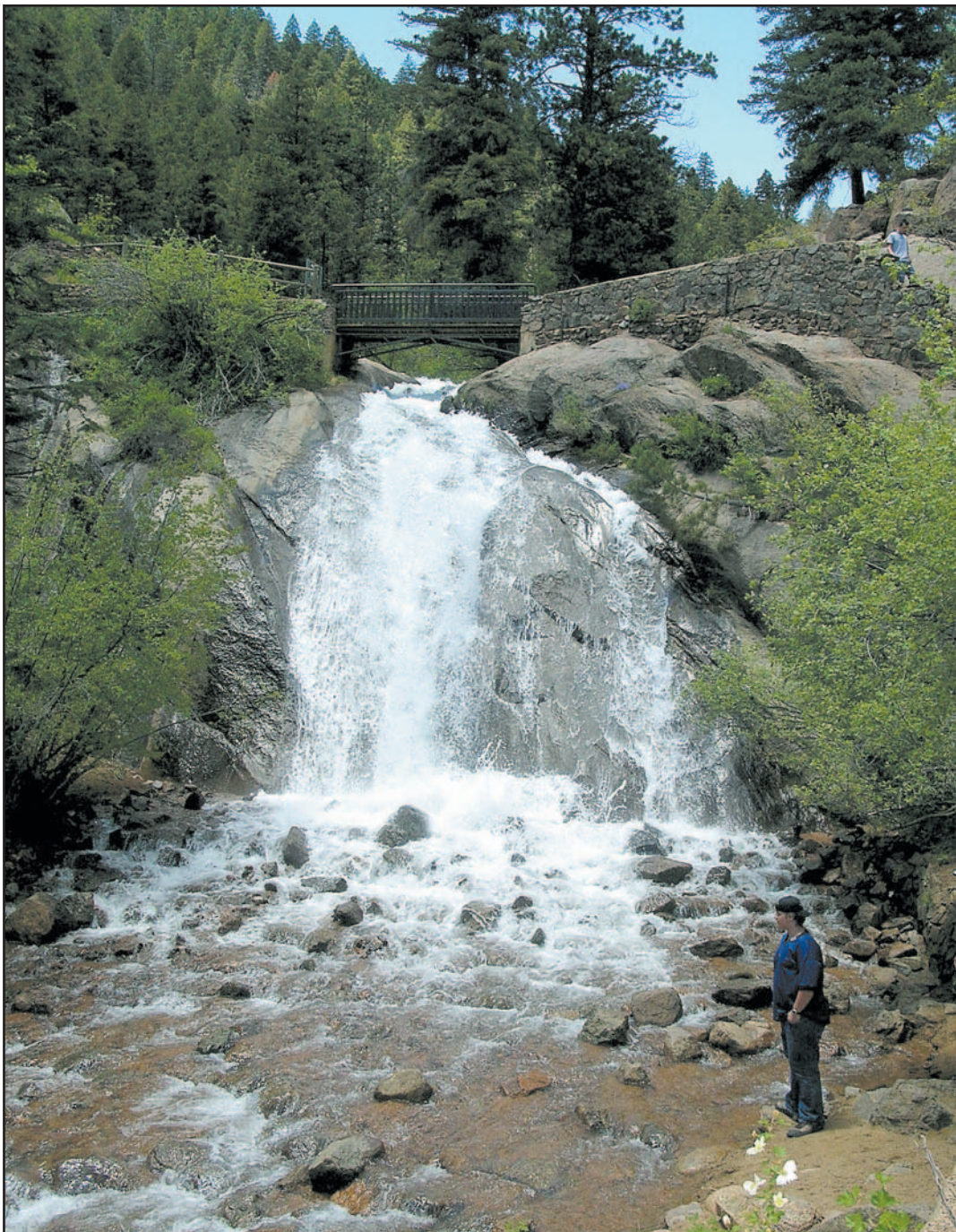
# Palmer's



*The Starsmore Visitor Center, in North Cheyenne Cañon Park, features interactive exhibits, books and a climbing wall.*



*Visitors learn about hummingbirds and other wildlife at Starsmore Visitor Center in North Cheyenne Cañon Park.*



*Helen Hunt Falls is in North Cheyenne Cañon Park. There are trails and a visitor center nearby.*

## Parks

From Page 35

Monument Valley Park is a narrow park near the interstate, beginning at Bijou Street and running north, beyond Fontanero Street. The park can be entered at Bijou Street as well as Monroe Street and Cache La Poudre.

Before North Cheyenne Cañon became a park, it attracted hordes of visitors during summer months. As Colorado Springs was almost treeless, local residents went to the cañon to escape the heat, cooling off by the waterfall or under the trees. When the privately-owned land was closed to visitors on Sundays, it caused a furor among the regulars. Local citizen and author Helen Hunt Jackson started a campaign to have the city purchase the land for a public park. The city bought 640 acres, and in 1907, Palmer donated 480 more acres, which included the waterfall now named for Helen Hunt. Palmer also built a road, a pavilion and trails.

Today, North Cheyenne Cañon is still a popular park.

It's the perfect place to unwind. Several blocks from busy Nevada Avenue, North Cheyenne Cañon Park is in a quiet, deep tree-shaded cañon, with a bubbling creek, a waterfall, rock formations, hiking trails, picnic areas and two visitor centers.

## Coming Events

**Colorado Springs celebrates the 100th anniversary of these three parks and Palmer's gift with several events on Saturdays in July.**

**Events are:**

- July 7 at Helen Hunt Falls in North Cheyenne Cañon
- July 14 in Palmer Park
- July 21 at Orchard House at Rock Ledge Ranch Historic Site
- July 28 at Monument Valley Park

*Celebrations will include games, picnics, guest speakers, movies and other activities.*

*For further information about these events call 385-5256 or go online at [www.Springsgov.com](http://www.Springsgov.com) and click on the Parks and Recreation link, then on the "Live the Legacy" link.*

North Cheyenne Cañon Park can be reached by taking Highway 115 north from Fort Carson, which becomes Nevada Avenue. Make a left on Cheyenne Road, between Safeway and McDonald's, and continue for about three miles, going west. The tree-lined street narrows, and there are signs marking the way to Seven Falls and Starsmore Discovery Center. At the mouth of the cañon, North Cheyenne Cañon Road is the right fork. Take the steep North Cheyenne Cañon road about three miles, to Helen Hunt Falls and the visitor center.

There are parking spaces near the visitor center, which is open in

summer. Employees there can answer questions about the falls or point you toward hiking trails. The visitor center has a few souvenirs, books and pamphlets on local history. Several exhibits show the cañon's wild life and flora. Hiking trails are in the area, ranging in length from one-half to four miles.

There's no camping allowed in North Cheyenne Cañon, but the park is open from 5 a.m. until 11 p.m. during summer.

Back at the mouth of the cañon is Starsmore Discovery Center. Almost hidden in the trees, the 1918 stone house was moved to the site in 1992. It had belonged to the

Starsmore family and was moved from its original site on Nevada Avenue, where the McDonald's is now. The center has dioramas, mineral and nature exhibits, educational programs, a bird-watching window as well as a climbing wall. Visitors can pick up trail maps at the visitor center and start a hike from just outside Starsmore.

Starsmore is open from 9 a.m. to 5:30 p.m. until mid-August, seven days a week. From Aug. 14 until Labor Day, the center is open until 5 p.m. After Labor Day, the center is open only on weekends.

There is no charge for using the center. Special programs may require reservations.

The Starsmore Visitor Center's phone number is 578-6146.

Palmer Park is the third park that is 100 years old this year. Palmer deeded nearly 700 acres on the condition it be used as a natural park. Located near the corner of Maizeland Road and Academy Boulevard, the park has rugged terrain, rock formations, trails, bluffs and wooded areas.

A large playground area is near the entrance off Maizeland. There are several ball fields.

Roads and trails are in Palmer Park, as well as picnic areas and covered pavilions. More than 100 picnic tables and several grills provide space for family or group picnics.

## Get Out!

### Rodeo Parade

**Pikes Peak or Bust Rodeo Parade is July 7.** The parade starts at 10 a.m. at Tejon and St. Vrain streets. The Fort Carson Mounted Color Guard and a platoon of Soldiers will be in the parade; a street festival and barbecue follow the parade.

### Pikes Peak or Bust Rodeo

**The Pikes Peak or Bust Rodeo**, a long-time Colorado Springs attraction, is set for July 11-15, in Norris-Penrose Equestrian Center. Fort Carson Night is July 14. Call 635-3547 for information; tickets are at Tickets West, 576-2626.

### Flying W Ranch

**The Flying W Ranch serves chuckwagon suppers daily** through September. The family-friendly event includes a visit to the Western town, barbecue beef or chicken and the trimmings, followed by the Flying W Wranglers show; \$19.50 for adults; children \$9.50, including tax and tip. Children under 2 are free. Go online to [www.flyingw.com](http://www.flyingw.com) or call 598-4000. The Flying W is at 3330 Chuckwagon Road.

### July 3rd celebration

**Fort Carson celebrates the Fourth of July one day early.** Join your friends and neighbors at 4 p.m. July 3 to hear a steel drum band, "Pan Jumbies." The steel drum band will play until 7:20 p.m., when "Tropical

Coyotes" take over the stage. Fireworks will be at 9:30 p.m. There'll be food vendors and Family Readiness Groups will have baked goods. There are activities for children, including free interactive activities and the "Kona Beach," which is \$5 for all day. Everything is in Ironhorse Park.

### White-water rafting

**Go white-water rafting with Outdoor Recreation Center;** call 526-5366 to sign up for half-day trips, Wednesdays through Sundays, until mid August. The trips are on the Arkansas River and rafters experience levels I, II and III water rapids. The cost is \$35 per person.

### Free concerts

**Old Colorado City hosts a summer concert** series Thursdays through Aug. 17. From 5:30-7:30 p.m. in Bancroft Park, in downtown. Old Colorado City, on Colorado Boulevard. The free concerts are 5:30-7:30 p.m. Bring a picnic and a blanket.

### Greek festival

**The Archangel Michael Greek Orthodox Church**, 2215 Paseo Road, hosts its 9th annual Greek Festival July 13-15. Admission is free and there are activities for everyone, including Greek food and music, with jewelry and clothing for sale. Hours are 4-10 p.m. July 13, 11 a.m.-10 p.m. July 14 and 11 a.m.-4 p.m. July 15.

### Colorado State Fair

**The Colorado State Fair** is Aug. 24-Sept. 3 at the State Fairgrounds in Pueblo. Concerts at this year's fair include Josh

Turner, Clay Walker, Daughtry, Weird Al Yankovic, Peter Dinklage, Los Lonely Boys and the Doobie Bros., Ted Nugent and the Dodge Rodeo. Concert tickets are at Ticketmaster, 520-9090.

### Renaissance Festival

**The Colorado Renaissance Festival runs weekends only through July. The renaissance village is near Larkspur,** weekends only, between Colorado Springs and Denver, just off Interstate 25 at exit 172. July 7-8 is "Children's Weekend," with special activities for children and a Prince, Princess and Pirate contest. Children under 12 will be admitted free with a paying adult Children's Weekend only. The price is \$17.95 for adults and regularly \$8 for children. The festival is 10 a.m.-6:30 p.m., Saturday and Sundays, rain or shine.

### Old fashioned July Fourth

**Celebrate an old-fashioned Fourth of July** at Rock Ledge Ranch Historic Site, 10 a.m.-5 p.m. with games, activities and wagon rides. Military members and immediate families with identification get in free. The ranch is next to the Garden of the Gods entrance, off 30th Street.

### July Fourth at the park

**The annual "Fabulous July Fourth Park Celebration is in Memorial Park July 4.** The Colorado Philharmonic Orchestra performs a patriotic concert, followed by fireworks. Bring a picnic and head for the park at 5 p.m. The celebration is free. Park officials ask that no grills, no alcohol, no fireworks and no pets be brought into the park.

— Compiled by Nel Lampe

## Happenings

### Wet, cool

Uncle Wilber's Fountain in Acacia Park in downtown Colorado Springs is the place to be on hot summer days. Children enjoy being sprayed by water and watching the animation of the fountain. The fountain jets operate from 10 a.m.-10 p.m. daily. The animation begins on the half hour, from 11 a.m.-7 p.m. weekdays, and until 10 p.m. Fridays and Saturdays. There's no charge for the fountain, at the corner of E. Bijou and N. Tejon streets.



Photo by Nel Lampe

### Pvt. Hazard

by James Boroch

